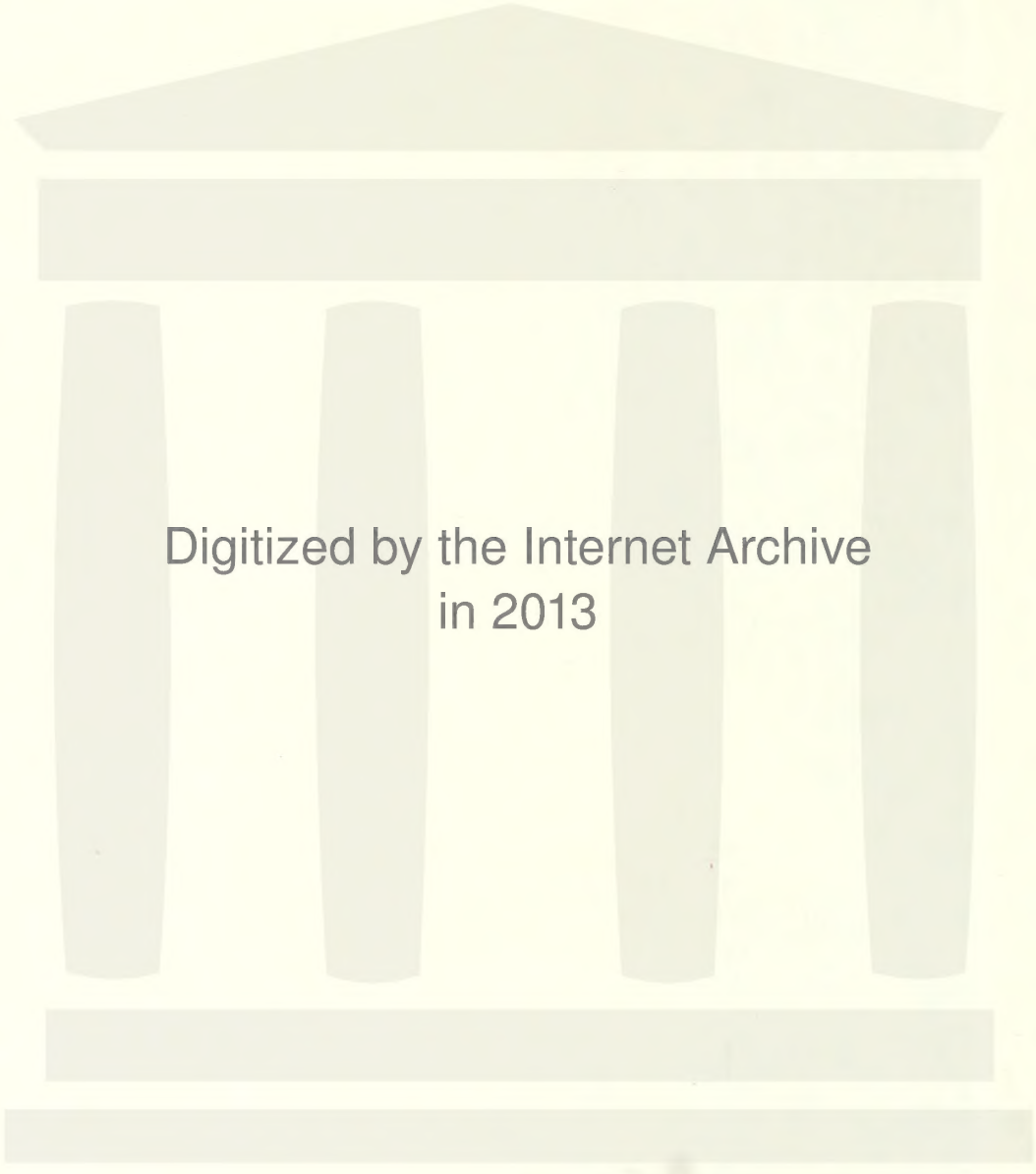

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INTRODUCES

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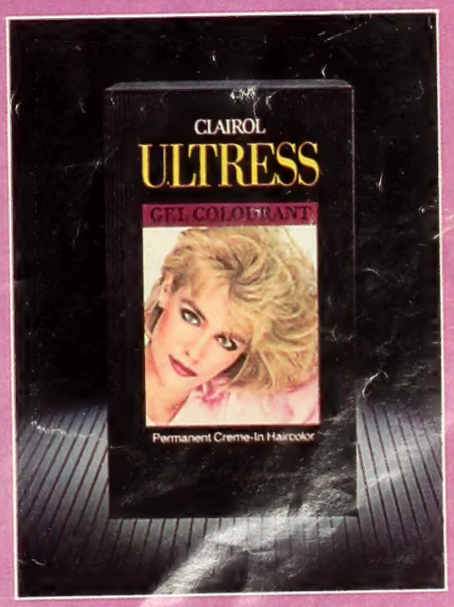
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EDITOR'S JOURNAL

NEW YEAR'S RESOLUTIONS

By Myrna Blyth

Do you make New Year's resolutions? I do, most years. And I keep them—but slowly. Unlike most people, who may resolve to go on a diet New Year's Eve and then fall off the diet when they eat a piece of chocolate cake at a New Year's Day party, I tend to make open-ended resolutions. That way I don't experience the instant failure that almost inevitably accompanies New Year's resolutions.

For example, last year I made up my mind to start exercising more. Well, I did nothing but sit around and think about it last winter, thought more about it as I stretched out on the chaise longue on the deck all summer, and then, in September, when time was running short, began to go to a gym three times a week. I've even kept it up. By the way, my husband goes to the gym with me. No, he didn't resolve to exercise more. My husband, probably like yours, doesn't think he needs to make New Year's resolutions, being practically perfect. But another of my resolutions, never discussed with him, was to get him to exercise more, so it all worked out fine.

I guess you get my point. Yes, we can all improve our lives, but expecting to do it too quickly is putting an extra burden on ourselves. I think at New Year's we should write a yearly to-do list, deciding what we want to accomplish, not by the end of January, but by the end of the year. That gives one the chance to grow determined to become truly inspired.

To help you along, this January issue is filled with features and articles that are indeed inspiring. First of all, our lead story (page 83) is about women just like you who truly did change their lives in important ways. Other inspiring features: a new *LHJ* diet that should make even the most food-loving, failure-prone dieter feel she's found a diet she can live with (page 98), a touching interview with actress Ann Jillian (page 38) and a report from the National Institute on Aging that is mostly good news.

Do you know what I'm really most inspired by in January? The chance to produce twelve new issues of the *Journal*. And do you know what one of my New Year's resolutions always is? To edit the best magazines ever for *you*.

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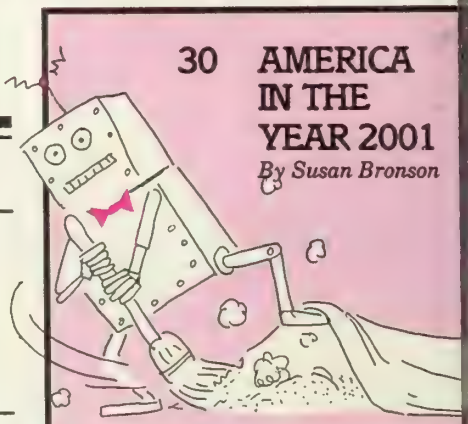
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POWERFUL pH-BALANCED PROTECTION THAT FEELS SILKY DRY

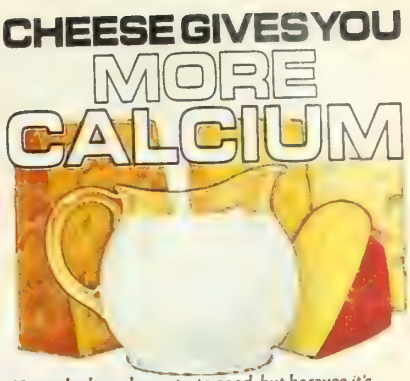
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Hungarian Baked Chicken

4 to 6 servings

¼ cup (½ stick) butter
1 broiler-fryer chicken (about 3 lbs.), cut up
Paprika
1 small head green cabbage (about ½ lbs.), cored and cut into ½-inch thick slices.
Salt and pepper
2 red cooking apples, cored and sliced
1 medium onion, thinly sliced
1 tablespoon grated lemon peel
2 teaspoons caraway seed
1 teaspoon sugar
1½ cups (6 oz.) shredded Swiss cheese

Melt butter in a large skillet with a cover. Dust chicken lightly with paprika. Brown chicken on all sides over medium heat. Cover; reduce heat. Cook chicken 30 minutes. Meanwhile, preheat oven to 375° F. Place cabbage slices on bottom of buttered 13 x 9-inch baking dish. Sprinkle with salt and pepper. Cover dish with aluminum foil. Bake, covered, 20 minutes or until cabbage is almost tender. Remove cabbage from oven. Uncover and arrange apples and onion over cabbage. Sprinkle with lemon peel, caraway seed and sugar. Place chicken pieces over top. Cover with foil and continue baking 25 to 30 minutes longer, or until cabbage and chicken are tender. Remove from oven; uncover. Sprinkle with cheese. Return to oven just until cheese is melted, about 5 minutes.

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Say good-bye to those extra pounds with the *Journal*'s ne 28-day weight-loss plan created just for you. Our mea are so delectable, you won't believe you're on a diet!



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"MY HUSBAND REFUSED TO GROW UP"

Rachel yearned to build a future, but Stan dreamed of faraway places. What happens when a man won't settle down? By Lois Duncan



This case is based on information from the files of Jewish Family Services, Richmond, Virginia, a private, nonprofit family service agency, partially funded by the United Way of Greater Richmond and by the Jewish Community Federation of Richmond. The agency is accredited by the Council on Accreditation of Services for Families and Children, Inc. The true story reported here is from interviews, though names and details have been changed to conceal identities. The counselor in this case was Gail D. Shookoff, M.S.W., L.C.S.W.

RACHEL'S TURN

"One week ago, I walked out on my husband," said Rachel, thirty-one, a slender woman with curly blond hair. "We've been married for two years, and for most of that time he has not stopped complaining about our humdrum life.

"We had gone to see a play at the high school where I teach—Stan taught there, too, before we were married—and all evening he kept making disparaging remarks about how stifled he felt living here. If only we lived somewhere else, he kept saying with exaggerated wistfulness.

"Stan is full of contradictions. On the one hand, he assures me that he shares my dream of buying a home and starting a family. Yet he's constantly fantasizing about a rootless existence, devoid of responsibility. Every time Stan gets depressed—which is most of the time—he concocts another wild adventure plan and then becomes furious when I point out how impractical it is.

"Usually, I manage to ignore my irritation, but this time I just couldn't. That night, as soon as we got home from the play, I threw some things into a suitcase and drove to a friend's house. I've been staying there ever since.

"Frankly, Stan's complaining drains me. I have enough pressure at my job—my principal keeps adding new tasks to my work load—without having to put up with my husband's gloom at home.

"Ironically, it was Stan's fun-loving nature that first attracted me to him. I was the oldest of five children in a family in which hard work took precedence over frivolity. My father was an insurance salesman who never made a lot of money, and his job kept him on the road much of the time. When he was home, he was usually tired and cranky. It seemed as if no one could ever please him. Mother worked as a secretary to help pay the bills. If she ever felt angry or tired, she certainly never showed it. We all wanted to please her, and we were all very much aware that if we wanted to go to college, we would have to earn scholarships.

"I was, therefore, a conscientious student, determined to get straight *A*s. My hard work paid off: I won a scholarship, went to college and earned a degree in English. Then, while I was studying for my master's degree at night, I supported myself by teaching.

"That's when I met Stan—and I was immediately charmed by his optimism, spontaneity and Peter Pan spirit. It was obvious, too, that he had a wonderful rapport with his students.

"Our relationship began slowly—first we were close friends, then we dated occasionally, and after several months, we became lovers. By this time, we were seeing each other every night as well as during the day. I felt confident our relationship would last, but then, out of the blue, Stan began to flirt wildly with another teacher on the faculty. I was certain he wasn't in love with her, but it was really awful to walk into the teacher's lounge and see this sexy woman draped all over my boyfriend. I told Stan our romance was over. We did, however, agree to remain friends.



"Stan's whirl with this other teacher proved to be short-lived, and it wasn't long before he was back on my doorstep, repentant, explaining that he'd become frightened by the intensity of our relationship. Now, he said, he realized how much he loved me—and then for the first time he ever mentioned marriage.

"Of course, I loved Stan, too, but after what he did to me, I was afraid of marriage. Instead, I suggested we try living together to see how things worked out.

"Well, things worked out beautifully—we were very happy, and after a year and a half, I told Stan I would marry him. To my utter astonishment, instead of rushing out to buy a ring, he packed up and left me! We had been planning a vacation in Mexico after my graduate school classes were over, but one morning Stan just took off and flew to Mexico City by himself. I was dumbfounded and furious—this was so similar to what he had done the year before—and I swore I would never speak to him again. But Stan started writing me love letters, once again apologizing for his crazy behavior and begging me to get married after all.

"I don't know why I didn't burn those letters right away. I suppose I loved Stan so much, I was desperate to make the relationship work. I also started to think that maybe I was being too rigid and perhaps it would be exciting to do something different. So when the semester was over, I flew down to Mexico to join him, and we were married the following week in a civil ceremony.

"The first thing I did was try to find jobs for us—which wasn't too difficult. Because many Mexican families want their children to attend U.S. colleges, there's a great demand for American teachers. I wrote dozens of *(continued)*

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application letters, and we had our pick of jobs. We chose to live in a small city not far from the capital, where we became part of a group of carefree American intellectuals who were doing what we were—vacationing from reality.

"Clearly, Stan was having a ball, and, I have to say, he was—and still is—a loving husband. But after the initial thrill, I wasn't happy with our carefree adventure. When our year was over, I was very glad to get back to Richmond. I thought Stan had satisfied his wanderlust during our time abroad, but one Sunday afternoon, he noticed an advertisement for low-cost flights to Europe. Since English teachers had been in such demand in Mexico, he suggested we try teaching for a year in Spain. I wasn't enthusiastic, but Stan seemed so excited by the prospect that I didn't have the heart to say no.

"Unfortunately, the trip was a fiasco. We soon discovered that in Spain, unlike in Mexico, the American accent is considered low class. Also, it's almost impossible to get working papers. So after two months, we returned home and started job hunting.

"That is, *I* started job hunting. I really pounded the pavement and eventually landed a position at our old school. But Stan refused to do more than make a few phone calls a day. For as long as I could, I accepted silently his excuses for being out of work. Then one day I lost my cool—I screamed at Stan and made such a scene, I'm still embarrassed to recall it. But the next day, Stan signed up to be a substitute teacher, and the following semester, a friend with influence in the school system found him a full-time position. I was delighted and relieved.

"Although Stan at first seemed thrilled to be back in the classroom, before long he started dropping not-so-casual comments about places where it might be fun to live next year.

"Now he says he isn't even sure he wants to be a teacher. He can't pinpoint anything he wants to do. All he says is that he hates the idea of making a long-term commitment to teaching. Stan used to dream of becoming a writer, but once he discovered how much effort that took, he changed his mind. *Effort* is a word that isn't in Stan's vocabulary.

"As far as I'm concerned, we've had our playtime in a foreign country. I want to build toward the future—to have a baby, to stay in one place long enough to qualify for tenure, to buy a home. Stan is begging me to move back home, but though I love him very much, I don't know if I should. If our dreams and aspirations are as different as they seem to be, we'd both be better off realizing it now."



STAN'S TURN

"I don't ever want to be married to anyone but Rachel," said Stan, thirty, a handsome, dark-haired man. "And I also want to have a home of our own and children—someday. I'm just not ready to settle down right now.

"I grew up in a home where there weren't any problems. I know that sounds impossible but it's true. My parents were well-off—my dad had a position with his family's business, so he did not have to work all the time if he didn't want to. My mother was a contented housewife with full-time help.

"I was a fun-loving kid—I had a lot of friends, and I always liked trying new things. If I ever wanted to take up a new sport or hobby my parents were always unconditionally supportive. If I lost interest, that was okay, too.

"As a teenager my ambition was to be a professional writer. In college, I majored in English and simply took it for granted that when I graduated I would have my pick of high-paying writing jobs. Needless to say, I was terribly disappointed when that didn't happen. I wrote to a couple of magazines requesting assignments, but they weren't impressed by my B.A. in English. When I mailed some poems to magazines and they were rejected, I felt like such a failure.

"Not knowing what else to do, I decided to study for my master's in literature. I loved the subject, but surrounded by true scholars I had a hard time concealing my feelings of inadequacy. When I completed my graduate degree, a friend told me that the Richmond school system needed English

teachers, so I applied and was hired. To my surprise, I really enjoyed working with kids, but I never expected to make a career of teaching. I considered it an interim job, good enough to pay the rent until something better came along.

"Then I met Rachel, and life became much more interesting. She was pretty, smart and fun to be with. Yet from the very beginning, I had conflicting feelings about our relationship. I knew that this was the woman I wanted, but for some reason I shrank from the thought of a permanent commitment. What finally got me to the altar was the realization that if I didn't make Rachel my wife, I was going to lose her.

"Our first year of marriage was a wonderful twelve-month honeymoon. Each day in Mexico was like a holiday, and I'm hoping we can arrange another trip soon. Rachel, however, keeps talking about buying a house and starting a family. I know that once we do, we'll be locked into a situation we can never get out of. I'm truly sorry for the way I've been acting lately—Rachel has every right to be angry—and I promise to do better. But for some reason, these last few months have been depressing. I don't know why . . . maybe turning thirty made me take stock of myself, and I didn't like what I saw. The problem is, I don't know what to aim for."

THE COUNSELOR'S TURN

"Our goal in therapy," the counselor said, "was to help Stan decide whether he could be happy living the solid, more structured life Rachel wanted. If his answer was no, then Rachel had to decide if she was willing to remain in a marriage that was not fulfilling her needs.

"As a couple, Stan and Rachel were a healthy balance for each other. They had common interests and were compatible intellectually, but Stan was by nature a dreamer, and Rachel, a doer—personalities that had been reinforced by their families as they grew up.

"Rachel's childhood had been a learning ground for personal responsibility and a value system rooted in the puritan work ethic. She had also absorbed separate messages from each of her parents. Because of her surly father, she had learned to try to please others; from her uncomplaining mother, she had learned not to show her anger.

"In contrast, Stan had grown up in fantasyland, with parents who had not really been required to face everyday challenges or accept responsibility and had never required that Stan do so, either. As a result, he never learned the importance of working hard toward a goal. And when he left this haven for the real world he was shocked and bewildered. On another level, he also felt betrayed.

"Since Stan had wanted to be a writer, I suggested that as part of his therapy, he compose a short biographical description of his parents. By doing this, he was able to look objectively at the dynamics of the family unit and, as a result, dispel a number of long-held myths.

"For instance, as we spoke about what he had written, Stan began to see that because of his well-meaning parents, the concept of having to go out and make something happen was so foreign to him, he became paralyzed by the very idea. What's more, even as an adult, Stan had been able to rely on other people to do things for him. He knew he should be taking charge of his life and felt guilty about his incompetence. The guilt was reflected in his fantasies about moving to distant countries, new places in which to hide from the fear of failure.

"'But now that I realize it, what can I do about it?' Stan asked during one session. I suggested we assess Stan's strengths. Although it was true that he usually had to be shoved into making a move, Stan's follow-up performance was excellent. He was a fine teacher, admired by students and colleagues. And though he did have to be pressured into marriage, he was nevertheless happy in his role of husband. It seemed reasonable to assume that if and when he became a father, he would *(continued)*



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- 1/2 cup undiluted evaporated milk
- Dash pepper

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perform equally well in that role.

"By taking a more optimistic view, Stan began to feel better about himself and more confident about his ability to make decisions. His depression lessened, and as his emotions stabilized, he was better able to face reality. Stan was able to see that his youthful desire to be a writer had been based more on the exotic image of himself as a famous author than on a love for the process of writing. As a teacher, he was gaining much more pleasure from sharing his enthusiasm for literature with impressionable young students than he ever had from sitting alone in front of the typewriter.

"Once he made that admission, Stan was able to look at teaching as an end in itself—a meaningful career that he enjoyed and one in which he could allow himself to find fulfillment.

"Though Stan's problems were having a strong impact on the marriage, Rachel and Stan also had to overcome some communication problems that had plagued them from the start of their relationship. Rachel, in particular, had enormous difficulty expressing her anger and was inclined to go along with all Stan's demands, giving in on issue after issue, until something triggered an explosion.

"After pointing this out, I worked separately with Rachel on improving her ability to verbalize her negative feelings so she could deal with problems effectively. As she began to master this skill, she experimented by putting it to use in her work life as well as in her personal life. For instance, instead of seething in silence when her principal made unjust demands, she spoke up, pleasantly but firmly, and suggested that he delegate a portion of the work to others. By taking control of her life, Rachel also began to feel more capable of handling Stan's moodiness when it did come up.

"Stan and Rachel have been in counseling for a year now. Although they have not yet solved all their problems, they both feel much more in control of their lives. At the end of this school year, they plan to make a trip to the Southwest to see if they are attracted to that area of the country. ('It's a compromise,' says Rachel. 'It's the United States, but it has a Mexican flavor.') In any case, they definitely plan to buy a home the following year, and at that point they hope to start a family.

"What's more, Stan is becoming excited by the prospect of parenthood. 'I think it's a real-life experience that will be more satisfying than any fantasy could ever be,' he says." **End**


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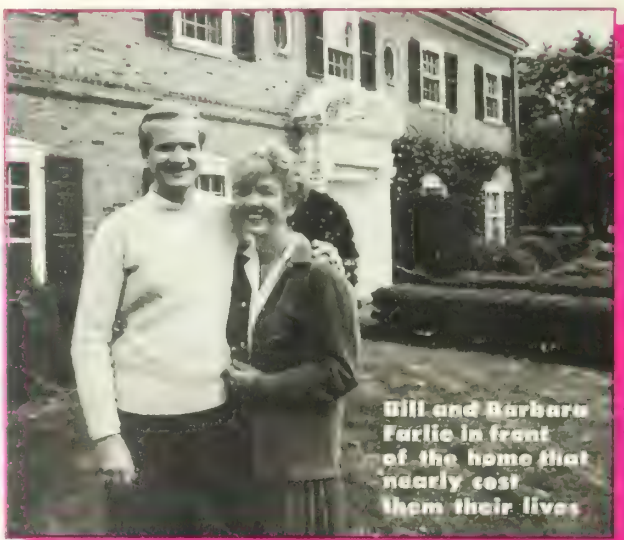
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"DOCTOR, WHAT'S WRONG WITH ME?"

I was stricken with a strange illness no one could diagnose—until it was almost too late. By Barbara Farlie

It had been a particularly hectic Christmas season, and I started 1985 with the worst case of the flu I'd ever had. It took all the strength I could muster just to pull myself out of bed, fix breakfast for my family and drive my youngest son, Matt, to elementary school near our home in New Jersey. When I returned home from the ten-minute trip, I would head straight for bed, where I'd remain—extremely weak and dizzy, my temples throbbing—until it was time to pick up Matt at three o'clock.

Lying around the house was not part of my usual routine. At age forty-eight, I ran an interior design firm with a partner and was the author of five books on handicrafts. Until my illness, I had always been on the go, giving lectures and making guest appearances on local television shows. I did volunteer work in the community and served as assistant den mother for Matt's Cub Scout troop. I was also the mother of three older children—a married daughter, a son away at college and another son in high school—and my husband, Bill, was a successful management consultant in New York City.



Bill and Barbara Farlie in front of the home that nearly cost them their lives

Ken Silverman

But once the flu hit, all my activity came to a halt. Bill, Matt and my seventeen-year-old, Craig, soon came down with milder cases of the bug, but they felt fine soon after they got out into the fresh air. I was the only one who had to struggle to get out of bed.

After a month of pain and weariness, I decided I'd had enough. When, in early February, one of my firm's best clients came to New York to look for fabrics, I vowed that unless I was in the hospital, I would go with her.

It was a bitter cold morning when the client picked me up at my house and drove me to Manhattan. I felt shaky at first, but as we traipsed determinedly from one fabric house to another, I began to grow stronger, more energetic. By the time we had been in the city for four hours, the change was nothing short of miraculous.

But the same symptoms returned the next morning, and the pain had shot to my jaw as well. Now I was truly alarmed. I called my family doctor and found out that he was on vacation for two weeks, but I insisted that the answering service put me in touch with the covering doctor. I made an appointment for that day and dragged Craig along, since his symptoms had become much worse.

The doctor gave Craig a cursory examination and said he did indeed have the flu. I was given a more thorough going-over and was told my blood pressure was high. The doctor took two blood samples and said one possibility was temporal arteritis, a serious facial disease that affects the arteries and can lead to blindness. I left his office stunned and frightened.

Two days later, I was elated to find that the blood test was negative and temporal arteritis had been ruled out. But I still didn't know what was wrong with me, and now my vision was beginning to dim as well. I frantically began to make appointments with doctors.

In the weeks that followed, I saw a series of specialists, including an ophthalmologist, a rheumatologist, an orthopedist, a gynecologist and an ear-nose-and-throat doctor. Each one told me I was suffering from acute anxiety and prescribed tranquilizers or suggested biofeedback, but nothing worked. By the middle of February, my condition had deteriorated so much, I could no longer drive. I was, therefore, greatly relieved when my family doctor returned from his vacation.

I went to see him his first day back. I practically burst into his office unannounced after I had almost fainted in a grocery store. To reassure myself that I wasn't imagining things, I even stopped first at the local pharmacy to check my blood pressure on their machine. I was horrified to discover that it was almost 200 over 85 (I normally register 110 over 70). But when the doctor tested my blood pressure in his office, it was already down. He prescribed some medication and sent me home to rest.

But I couldn't rest, because my son Billy had just come home from college for Washington's Birthday weekend and, overnight, had come down with the same case of the flu the family seemed to be passing back and forth. Since he didn't have a temperature, I suggested he go out anyway, and that seemed to cure him. He called me several hours later from New York City, saying he felt fine. He returned home that evening in high spirits, yet when he awoke the next morning, he could barely drag himself back to school.

Although Billy was able to get rid of the flu as soon as he returned to school, Craig still couldn't seem *(continued)*



Winter colds can make your allergy attacks feel worse.

If you're allergy sensitive, there's enough dust, dander, and pollution in the air all winter long to keep you under attack. And, to add to the discomfort, winter allergy attacks are often accompanied by colds. But now there's the relief of Benadryl® Decongestant capsules and liquid. Benadryl Decongestant combines the relief of Benadryl—the most prescribed allergy medication ever, with the *added* relief of a highly effective nasal decongestant. This winter, use Benadryl Decongestant as directed to relieve both upper respiratory allergy *and* cold symptoms.

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50¢

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RETAILER: We will pay you for the face value of this coupon, plus 8¢ handling, provided that you and the consumer have complied with the terms of our offer. Good only in U.S.A. and U.S. Military bases overseas. Void where prohibited, taxed, or restricted by law. Cash value 1/100 of 1¢. Consumer must pay any sales tax. Any other application constitutes fraud. Invoices proving product purchase to cover coupons presented for payment must be shown upon request. Limit one coupon per specified product and size. Mail coupons to: WARNER-LAMBERT COMPANY, DEPT. #5920, EL PASO, TEXAS 79966.

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Save 50¢ on any Benadryl product

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50¢

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A WOMAN TODAY

continued

to shake his illness. He'd complain of headaches within two hours of arriving home each evening, and later we'd find him asleep on the floor of his room with his schoolbooks spread around him. After three weeks of this, we began to worry that Craig might be working too hard, and we sent him on a ski trip to Utah. He felt fine as soon as he arrived, but the perplexing symptoms attacked again as soon as he came home.

Then, one March morning while at work, Bill noticed a small article buried in the back of the newspaper reporting the death of a New Jersey family. The article stated that the bodies of both parents and children had been found in their pajamas, seated in front of a television set. Their death was listed as asphyxiation caused by carbon monoxide leaking from a faulty heating system. The article concluded with some of the symptoms of carbon monoxide poisoning: headaches, dizziness, weakness, dimness of vision.

Bill called and read me the article. The similarity in symptoms could have been a coincidence, but if there was a carbon monoxide leak in our house, our lives were in great danger.

As soon as I hung up with Bill, I called the family doctor, but he was not in his office. Feeling the need to do something—anything—I phoned the utility company and asked them to send someone to check our two gas furnaces. I also had our service station test our cars for carbon monoxide leaks. But both the cars and the furnaces were quickly pronounced in proper working order.

The doctor returned my phone call about an hour later. I told him about the article Bill had found, and he agreed to make arrangements for me to take a blood test specifically for carbon monoxide. Since the test had to be administered on an empty stomach, I'd have to wait until the next morning.

I reported to the hospital laboratory as soon as it opened. The blood test took only five minutes, but I was told the results wouldn't be back for several days. When I got home, I found an even more detailed account in another newspaper about the family that had died. After reading it, I was thoroughly convinced that we, too, were suffering from carbon monoxide poisoning.

I called the utility company again and demanded they send someone with a test for carbon monoxide. I was told that it might be some time before they could send a technician over.

Late that evening, Bill arrived home to find I had opened windows throughout the house. We had an uneasy dinner and were afraid to go to sleep for fear we might never wake up. It wasn't until nearly midnight that two men from the utility company arrived with a test kit and proceeded to check the entire basement. Again they said there appeared to be no problem.

The next morning we awakened to another frigid day. After I saw Bill off to work and the boys to school, I returned to bed and just lay there, too weak to puzzle things out. Suddenly the doorbell rang. I dragged myself downstairs to find a utility truck and three men—one wearing a repairman's uniform, and the other two in overcoats, business suits and hard hats. They informed me that they wanted to see the furnaces one more time.

A half hour later they came upstairs and told me they had shut off our two furnaces, pulling the wires from one right out of the wall. They had put a red violation sticker on one of the heaters, explaining it had a crack that had not been apparent on first inspection. The furnace would have to be replaced because it might leak carbon monoxide into the air. (Carbon monoxide is sometimes produced in very small quantities when natural gas, oil or coal is converted to heat, but usually it is carried out through the chimney. If a crack develops in the heat exchanger or if the chimney flue is totally blocked, carbon monoxide seeps into the house.)

As soon as I found out about the cracked furnace, I called Bill at his office and then our doctor, who promised to hurry the lab results. Within a few hours he called back to say the blood test was positive. The doctor explained that the whole family had been exposed to the carbon monoxide, but that I was in the greatest danger. At least Bill and the kids left the house often, and when you get out of an area containing carbon monoxide, all traces of the gas leave your system in five hours. The doctor ordered me to get out of the house at once.

Just then my sons arrived home from school, and we hastily grabbed a few belongings and drove to my parents' house nearby. Because they were in Florida, their home was closed up and cold. As the oil burner hummed to life, I sat in the kitchen, both stunned and relieved to know I wasn't crazy or malingering.

My doctor stressed that although I might have headaches for a few more days, there would be no long-term effects. Soon I'd be back to my old self, running around, doing too much—and loving every minute of it. But when I think of what might have happened, all I can do is shudder . . . and thank God that Bill read the newspaper closely that cold March morning. **End**

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

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Low. Lower. Lowest.



mg 5mg 4mg 5mg **3 mg**

Now is lowest.

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BEAUTY JOURNAL

Expert blusher how-tos; a newer, safer form of electrolysis; a super upper-arm toning exercise

A BRUSH-UP ON BLUSH

Blush, not foundation, is what gives any complexion a healthy glow, adding freshness to faded winter-weary skin and helping to balance facial proportions. The variety of products now available lets you pick the one that's right for your skin type and the effect you want to achieve. *Powder blush* comes in many shades and lasts longest. Its intensity is also easiest to control. Apply after foundation and face powder. *Cream* offers natural texture. Color melts into skin and can be blended, using a moistened sponge, with foundation. Apply after foundation and before powder, or use after a moisturizer for a subtle effect. *Liquid* adds a gentle wash of color. Apply over foundation or by itself. For sheerest effect, don't powder. *Gel* provides an outdoorsy, un-made-up look. It's best applied to bare skin (accurately and quickly—gels set fast and stain).

THE RIGHT COLOR

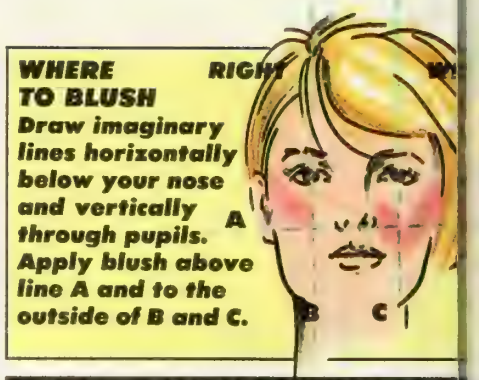
The shade that's right for you depends on skin tone and the kind of light you'll be in. For natural daylight and for fluorescent light (the harshest and most revealing), work with your basic skin-tone colors in subtle pale to medium shades of blusher. Choose blusher colors with undertones that are compatible with your skin's: warm and golden peach and honey tones for red- to yellow-toned skin; cooler pinks and roses for skin with blue undertones. Softer evening light indoors and out lets you use more intense colors, such as fuchsias, reds, plums and burgundies, which balance vivid night eye and lip colors.

THE RIGHT CHOICE

Pick the blush that's right for your skin type. Creams or liquids add a silky finish to dry skin; powders, liquids or gels don't shine, and they hold better on oily skin. Frosted blushers magnify blemishes, lines and wrinkles; matte blushers improve texture.

THE RIGHT TECHNIQUE

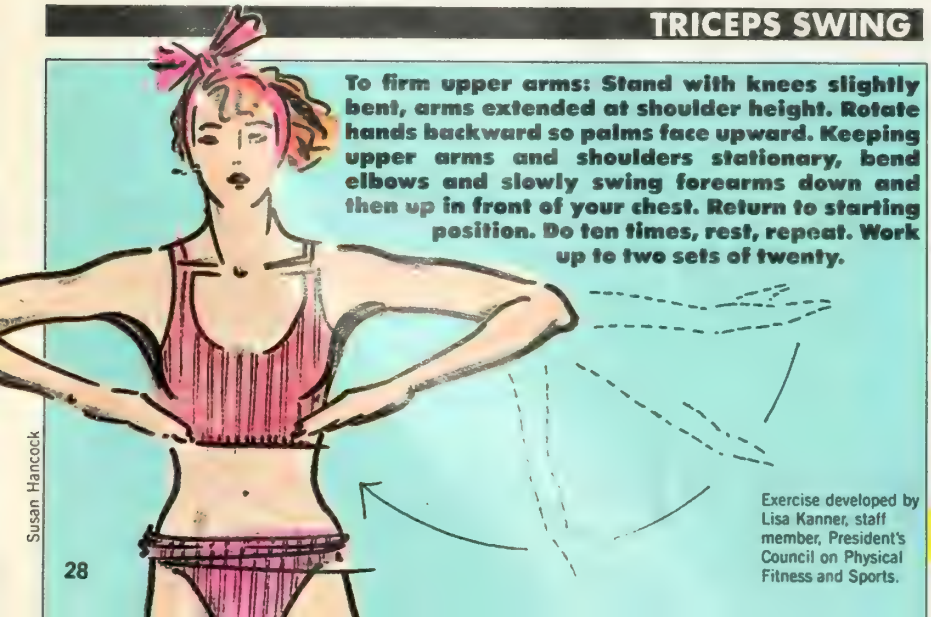
The one mistakeproof blush technique makeup artists recommend is the apple blush: Smile to round out cheeks. Apply powder blush to center of cheek's apple, using rounded blush brush tip. Blend upward and outward toward top of ear so color disappears below temples. For creams, liquids, gels: Dot color on center of apple, apply two smaller dots upward and outward toward ear. Blend outward with moistened makeup sponge. *To add fullness* to a narrow face, apply blush to apples under eyes; blend. *To slenderize* a too-round face, brush color on outer half of cheeks only, sweeping color upward toward hairline. • Apply too much blush? Brush loose translucent powder on top and buff. • For a long-lasting glow, apply cream blush, then a layer of powder blush in the same color.



ELECTROLYSIS UPDATE

Electrolysis is the best hair-removal method available today. Although the cost runs high—$50 to $70 per session—and there is some discomfort, it's worth it to many women (and some men). The procedure involves inserting a slim needle into each hair follicle. An electric current is run through the needle and destroys the hair root and feeder blood vessels. Electrology practitioners at Donsuki Salon, in New York City, favor the newer insulated bulbous probe, because it's safer (insulation of the needle protects skin from damage) and more efficient (it's less painful, so longer sessions can be tolerated). Some expert tips: • At any one time, most of your hair is actively growing and the rest is in a dormant phase. Shave a few days before your appointment so the electrologist can concentrate on the active hairs (saves time and money). If you regularly wax or tweeze, you'll have to stop and wait three months for new growth to appear. • Removal of facial hair is most painful; limit sessions to half an hour. For body hair, one-hour sessions are the norm. • Start with a few weekly half-hour sessions; follow with monthly one-hour treatments until you're satisfied. • Scarring can occur, so have a patch test done on a small area. According to John Romano, M.D., clinical affiliate in dermatology, New York Hospital–Cornell Medical Center, everyone experiences some irritation after treatment, but it usually clears up rapidly. • Check with your dermatologist to find out what kind of license (if any) is needed by an electrologist in your state—and ask for a recommendation.

TRICEPS SWING



To firm upper arms: Stand with knees slightly bent, arms extended at shoulder height. Rotate hands backward so palms face upward. Keeping upper arms and shoulders stationary, bend elbows and slowly swing forearms down and then up in front of your chest. Return to starting position. Do ten times, rest, repeat. Work up to two sets of twenty.

Susan Hancock

Exercise developed by Lisa Kanner, staff member, President's Council on Physical Fitness and Sports.

I am beautiful hair
without the harshness of
damaging chemicals.

I am the nourishing richness of the
new Keratin Protein Complex
and nature's Panthenol (vitamin B5)
which penetrates
to the deepest limits of the
hungriest, most listless strand of hair.

I am that inner strength and
outward show of shine
that is often defined as rich, young hair.

I am the hair care for a generation
which has opted for the cherished ingredients
of honest and pure.
No artificial colors, irritating fragrances,
formaldehyde preservatives, stripping alcohols
or harmful chemicals.
Because what nature created with
care, only nature can care for.

I am the best of nature.
Mill Creek®



Nature Working Harder. Softer.

AMERICA IN THE YEAR 2001

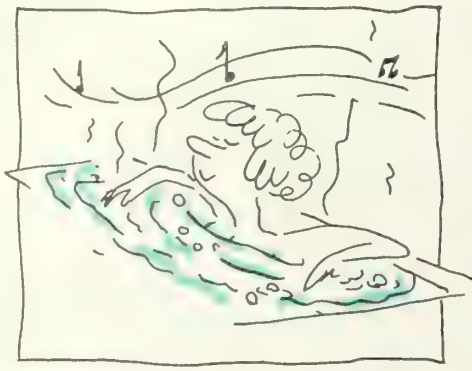


What will life be like in the next century? LHJ polled the experts to find out

By Susan Bronson

2001: The number evokes memories of Stanley Kubrick's futuristic film about space exploration, made back in 1968. But the reality—life in the year 2001—is only fifteen years away. We asked some of our most knowledgeable researchers, opinion makers and writers for their forecasts on the state of the American family, the economy, politics, world affairs, fashion, science, medicine, computer technology, entertainment and lifestyle. We invite you to tuck this article away in your own time capsule—an upstairs cupboard or kitchen drawer—and pull it out fifteen years from now to check the predictions against the reality. By the way, we asked psychic Jeane Dixon for her intuitions about the future, but she regretfully declined because "something unexpected came up"!





Irving R. Levine, economic correspondent, NBC News

"By 2001, the problem of the federal deficit will be behind us, because in the next fifteen years, the government will exchange the present currency for one worth half as much.

"Japan will decline as a competitor to the U.S. and will experience the kind of worker-management problems we had fifteen to twenty years ago.

"Solutions to mass-transit problems will not keep pace with the congestion on the roadways. Communities will be built around the workplace. Another solution is for employers to provide dormitorylike housing where people would live for their three or four workdays each week."

Eileen Ford, cofounder, Ford Models, New York City

"American girls will be taller than one could imagine possible. You won't even turn around when you see a girl who's six feet tall. The ideal of beauty will be pale skin. By then, nobody will go out in the sun. No one will have to wear dentures, because coral will replace damaged jawbones.

"People who have been to the moon will help develop new synthetic fabrics. We'll use them as coat liners. The new synthetics will provide warmth with [illegible].

"It will be fashionable to have as many expensive things as one can afford. If there's a fuel shortage, furs will be more popular than ever. People of affluence will remain conservative in dress and lifestyle, though they may forsake the Hamptons [on Long Island] and have their summer homes in Peking.

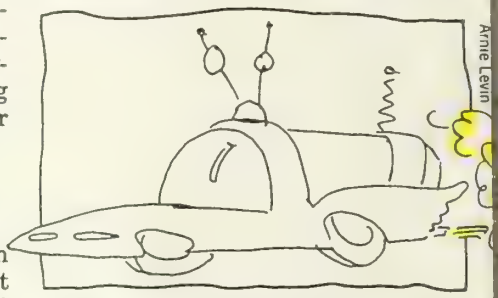
"Christie Brinkley will be the mother of a fifteen-year-old and will be less concerned with her career than with her child's SAT scores."

Faith Popcorn, New York City–based marketing consultant

"Child snatching will disappear. Children will be listed in a computerized registry. A mark on a child will key into a satellite. It will cost a lot, but people will be willing to pay premium prices for protection.

"Food buying will be based on customized diets. People will visit a nutritionist twice a year.

"Prepared food will be better tasting and better for you. The average kitchen will be highly automated. A refrigerator will keep track of what you're getting low on. At your command, the computer will dial a grocery store, place your order and set up a delivery date.



Arnie Levin

"The bathroom will be an antistress center or leisure area, outfitted with a whirlpool bath, hot tub or other devices. Opportunities to exercise will be more widely available. Vacations will focus on hobbies or interests—tennis, child rearing, psychology, to name a few.

"Cars will have built-in *(continued)*

Introducing New Maragor Bold From Taster's Choice®. A Superior Dark Roasted Coffee.





The taste is bold, strong, smooth.

New Maragor Bold™ begins with the world's fullest-flavored gourmet coffee beans, specially selected for dark roasting.

Then they're roasted long and roasted dark until they practically burst with rich, bold coffee flavor.

For a superior, stronger coffee, try new Maragor Bold. And Maragor Bold Naturally Decaffeinated.



The Choice For Taste.

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Babies are thrilled with Pampers® and its blue waist shield. And for good reason. Because this unique blue waist shield helps keep wetness from leaking up better than any diaper with a regular waist ever did before. So Moms are thrilled. Because they know that means drier T-shirts, drier sheets... and a drier baby from top to bottom!



KEEPS BABIES DRIER FROM TOP TO BOTTOM.

For your Softouches Catalog, send your name and address to: Pampers Baby Catalog, P.O. Box 8634, Clinton, Iowa 52736.

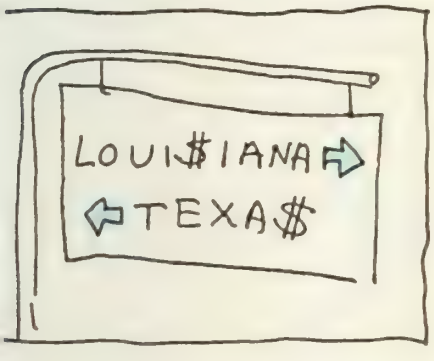
V and movie systems with options for mputer games, map tracking, and ore. This car may cost $40,000 to 50,000, but it will last for at least twenty ears or even as long as forty years.

"By 2001, stress will be recognized as killer. More antistress exercises and assage techniques will enter our culre, as will the antistress clinic.

"Older women will be considered ery sexy. And at last we'll have a facial eam that's like a face-lift in a jar."

arl Strong, National Planning ssociation, Washington, D.C.

Due to the continued demand for oil, ie salary potential will be highest in afayette, Louisiana, which will have a er capita income of $16,380, and Midnd, Texas, with $16,256. The cities to oose if you want to ride the wave of



ie job boom are Fort Pierce and Fort lyers, Florida. The South and West ill post the largest gains in popula-on and employment. Due to indus-ial shutdowns, the metropolitan reas destined for the biggest employ-ent losses are Duluth, Minnesota, the lton–Granite City area in Illinois and ersey City, New Jersey."

avid Elkind, Ph.D., professor f child study, Tufts University, nd author of The Hurried Child

Either private employers or the gov-rnment will provide parents with ouchers they can use to buy child care.

"I doubt that we'll go back to having rge families. But if there's a scare bout the nation's population slipping, e may see families averaging two or ree children, instead of the current 1.7.

"Our children will find environmental sues posing serious threats. We don't lly understand the impact of acid rain, zone layers or auto emissions."

ewis M. Branscomb, Ph.D., ice-president, BM Corporation

Computers will be placed in our ppliances, as invisible as the electric motors that run appliances today. Computers will vanish into the typewriter, the thermostat and the toaster.

"With computers, manufacturers can customize products. Take the shoe industry, for example. A computer can take an accurate measurement of a customer's foot, match it with the preferred style and come up with an individually fitted shoe at a mass-production price."

Isaac Asimov, Ph.D., author and professor of biochemistry, Boston University School of Medicine

"By 2001, robots in the home will perform a butler's duties—light housekeeping, security, and so on.

"In the future we may know where each gene is located and what its function is. By 2001, perhaps we will be able to pinpoint those genes that need replacing, cure someone of an inborn metabolic disease or provide parents with sound genetic counseling."

John Naisbitt, author of Megatrends

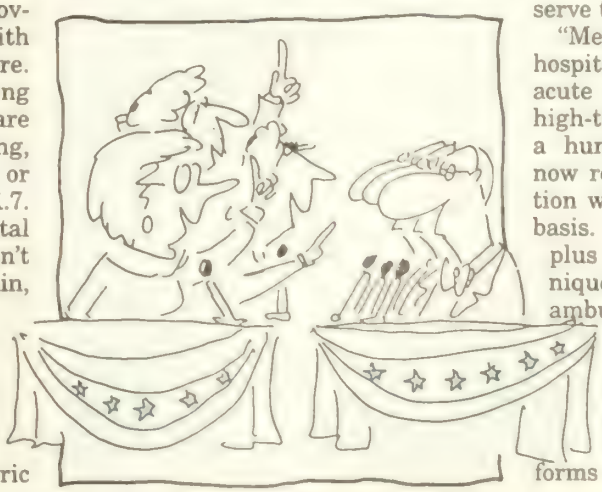
"Democrats will continue to be a minority unless they reinvent their party and rethink their goals. By 2001, both parties will pit competent women against a bunch of mediocre men in the presidential primaries.

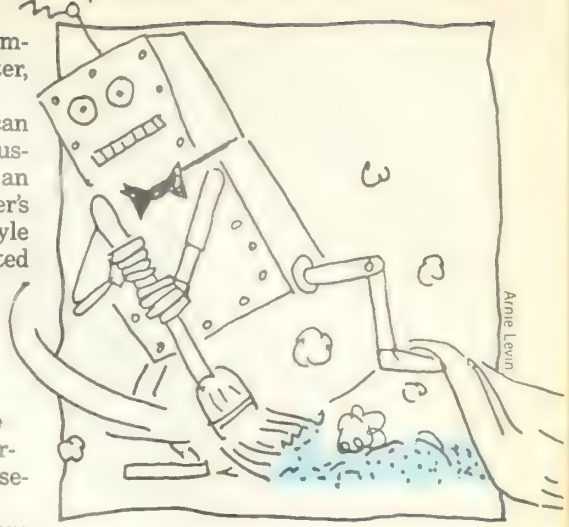
"Although more women will be collecting paychecks, only a handful will be able to walk into the boardroom of a Fortune 500 company. A woman will be elected president before a woman is chief executive officer of IBM."

David Brown, producer, whose films include Jaws, The Sting and Cocoon

"VCRs will be in 80 percent of American homes in the year 2001, but people won't turn their homes into entertainment fortresses, barricading themselves inside.

"The trend toward smaller theaters will be reversed. Refurbished or new movie houses will be full-size, with





large screens and better sound-reproduction systems. The new high-resolution videotape may revolutionize the shooting of films and their exhibition.

"Steven Spielberg and George Lucas will still be making films. More women will produce and direct."

Daniel Callahan, Ph.D., director, The Hastings Center, Hastings-on-Hudson, New York

"I suspect that in the year 2001, we'll be able to choose the sex of our children.

"The allocation of scarce medical resources will be a growing concern. Medicine will develop many ways of extending and saving lives, but not everyone will be able to afford them.

"Bioethical dilemmas on issues from the care of handicapped newborns to care of the aging will continually confront us. One of the most noticeable changes will be in the doctor-patient relationship. It will be more a partnership between equals."

Bernard Tresnowski, president and CEO, Blue Cross–Blue Shield Association

"The hospital of the year 2001 will resemble today's intensive care unit. These high-technology centers will serve the acutely ill.

"Medical care will move outside the hospital, except for those suffering acute diseases and those in need of high-technology treatment. More than a hundred surgical procedures that now require several days' hospitalization will be handled on an outpatient basis. Improved drugs and surgery, plus sophisticated diagnostic techniques, will help put the emphasis on ambulatory care."

Dr. Harrison Rogers, president, American Medical Association

"Cures will be found for many forms of cancer. The era of *(continued)*

Can you help Sally Struthers keep her New Year's resolution?

"I know of hundreds of children all over the world who are hungry, poor and without hope for the new year. That's why I am resolved to find someone to help every one of them.

"If you can help me, I can promise you 1985 will be a very special year.

"You can bring more joy to your life this year. You can do it the way I did through Christian Children's Fund.

"I've been a sponsor since 1975 and I now help care for a little boy named David who lives in a cold mountain village in Bolivia.

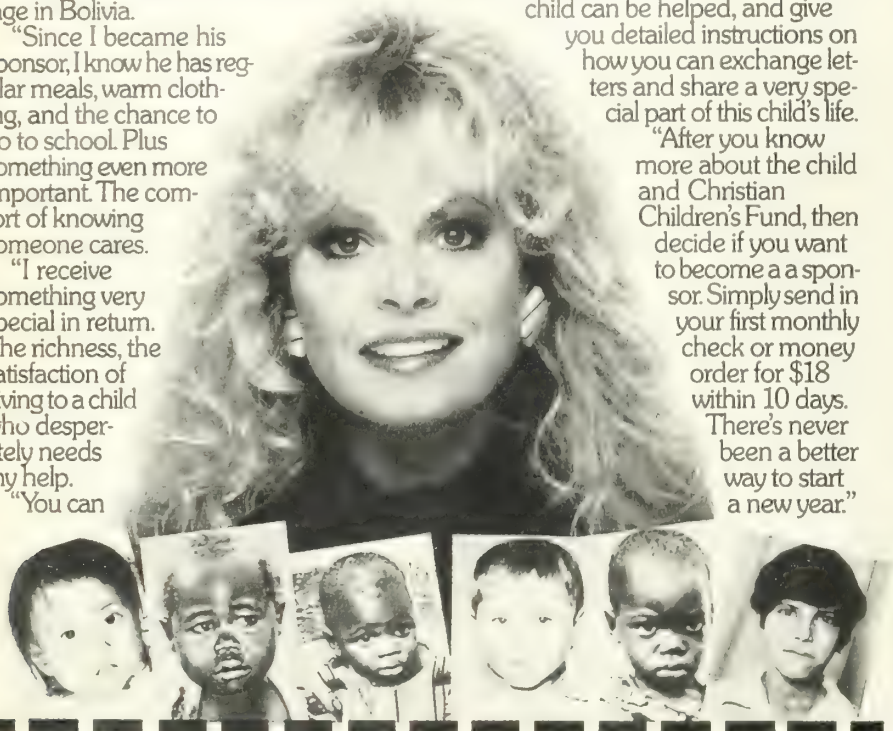
"Since I became his sponsor, I know he has regular meals, warm clothing, and the chance to go to school. Plus something even more important. The comfort of knowing someone cares.

"I receive something very special in return. The richness, the satisfaction of giving to a child who desperately needs my help.

"You can receive that same satisfaction. You can become a sponsor through Christian Children's Fund. All it costs is $18 a month—just 60¢ a day—but you help give a child whatever the child needs most to live a healthy, productive life.

"You needn't send money now. First learn about the child who needs you. Just send the coupon. Christian Children's Fund will send you a child's photograph and tell you about the child's way of life—the child's age, interests and family background. We'll also tell you how this child can be helped, and give you detailed instructions on how you can exchange letters and share a very special part of this child's life.

"After you know more about the child and Christian Children's Fund, then decide if you want to become a a sponsor. Simply send in your first monthly check or money order for $18 within 10 days. There's never been a better way to start a new year."



Send Your Love Around The World.

Dr. James MacCracken, Executive Director, CCF, Box 26511, Richmond, VA 23261

☐ I want to sponsor a child now. Enclosed is my first monthly gift of $18. Please send photo and Sponsor Kit.

☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first $18 monthly gift within 10 days. Or I'll return the material so someone else can help.

☐ I can't sponsor a child now, but I'll give $_____ to help poor children.

I prefer to sponsor a ☐ boy ☐ girl ☐ either

Check the country you prefer:

☐ Wherever the need is greatest ☐ Brazil
☐ Colombia ☐ Ecuador ☐ The Gambia
☐ Guatemala ☐ Honduras ☐ India
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☐ Philippines ☐ Thailand ☐ Togo
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transplants will arrive. The technique and the drugs that prevent rejection the transplanted organ will improve.

"The doctor-patient relationship wi still be the essence of medical care, bu communication may suffer with th growth of group practices. A busines manager will tell the patient what a operation will cost. Several specialist will contribute their expertise. Rough ly a third of today's physicians belon to health maintenance organization small groups and partnerships. Tha proportion will grow."

Gloria Steinem, founding edito of Ms. magazine

"We'll be moving well along toward less violent culture and a more equa one. We'll stop conning men into being vio lent because we will no longer equat aggression with manliness.

"An equal rights amendment will hav passed Congress and won ratification b the states in 2001. We may have elected woman president. If so, the image sh projects, of power and competence, will b a great change for the country's children.

Graham Allison, Ph.D., dean of Harvard University's John F. Kennedy School of Government

"Trying to say whether our world will b more secure or less secure is like gazin into a cloudy crystal ball. At present seven nations have nuclear weapons Certainly by then there will be addi tional nuclear powers. It's not incon ceivable that a terrorist group migh have nuclear weapons.

"Optimistically, the U.S. and th U.S.S.R. will have reached agreement that limit their military competition But new trouble spots in our foreig affairs may arise in South America. I Mexico fails to manage its political an economic problems, there could be sub stantial instability between the U.S and Mexico. Likewise, problems in E Salvador and Nicaragua could destabili ize the entire region. This probably would not pose a military threat to th U.S., but there might be lots of unhappy people marching north across our border.

Andy Warhol, painter, publisher and filmmaker

"Boys will look more like girls; girls more like boys. Everyone will be wear ing clothes made of tinfoil. When you've worn a dress or pair of pants one time, you'll throw it away.

"People will smell better. They'll ea new kinds of fruit and drink perfume.

"Some things won't change much We'll still be looking at Brooke Shields on the covers of magazines." **End**

The Lenox Crystal Rose Vase

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work of art in crystal is *alive* with light, ways dramatic and excitingly new to e eye. Its beauty ever-changing as the ht passes through, *The Lenox Crystal se Vase* will be enjoyed—and prized today, and for generations to come.

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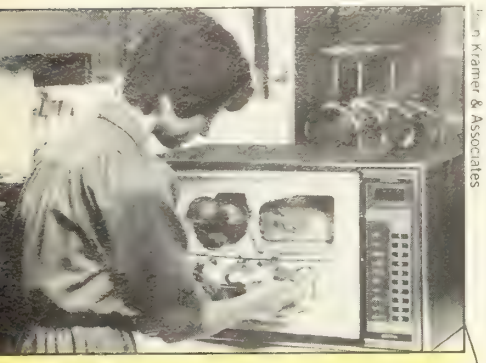
Since each vase is individually crafted hand and orders are accepted in rict sequence of receipt, we ask that u mail your Reservation Application later than January 31, 1986. Please ow 6 to 8 weeks for delivery. For your nvenience on credit card orders, you ay call **TOLL FREE,** 24 hours a day, days a week, **1-800-228-5000.**




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COOKING FOR TODAY

To get microwave confidence, try these step-by-step recipes your family will love. By Thelma Snyder and Marcia Cone



Jon Kramer & Associates

NOW THAT YOU'RE THE PROUD OWNER OF A MICROWAVE OVEN, HOW DO YOU LEARN MORE THAN SIMPLE REHEATING AND DEFROSTING? THE BEST WAY IS TO PREPARE FAMILIAR DISHES. THE TIPS AT THE BEGINNING OF EACH RECIPE WILL GIVE YOU THE ASSURANCE YOU NEED. IF THERE ARE ANY LEFTOVERS, JUST PREPARE THEM ACCORDING TO OUR EASY REHEATING GUIDE.

DIJON FISH FILLETS WITH MUSHROOMS AND LIME

- *Normally fish would be covered, but in this recipe the sauce acts as a cover.*
- *Folding the fish prevents the ends from overcooking.*
- *The center of the plate receives less microwave energy, so it's best to place mushrooms, which are thinner, there.*

1½ pounds lean fish fillets (sole, flounder, whiting or scrod), ½ inch thick
½ cup mayonnaise
2 tablespoons coarse country mustard
1 teaspoon grated lime peel
6 ounces fresh mushrooms, sliced
2 teaspoons lime juice
2 green onions, sliced thin (¼ cup)
Dash black pepper
Lime wedges, for garnish

Fold thinner ends of each fillet under thicker center. (If fillets are thicker than ½ inch and wider than 3 inches, first cut them in half lengthwise.) Place folded fish seam side down around rim of 9- to 12-inch microwaveproof serving plate or 2-quart rectangular dish, leaving center empty.

In small bowl combine mayonnaise, mustard and lime peel. Spread over fillets. Place mushrooms in center of dish. Sprinkle with lime juice, green onions and pepper. Microwave uncovered on High 7 to 10 minutes, until fish flakes. Garnish with lime wedges. Makes 4 servings, about 360 calories each.

BREADED CHICKEN CUTLETS OVER MOUNDED STUFFING

- *Place cutlets in a circle so that they can be cooked evenly without being rearranged.*
- *Cover with paper towel to absorb moisture.*

2 whole boneless, skinless chicken breasts (about 1 lb.), split
7 tablespoons butter, divided
1 egg, beaten
¾ cup Homemade Breading (recipe follows) or flavored fine dry bread crumbs
2 tablespoons chopped onion
1 cup chicken broth
2 tablespoons chopped parsley
1 teaspoon chopped fresh sage or ¼ teaspoon dried
½ teaspoon salt
¼ teaspoon pepper
4 cups fresh bread cubes with crusts

With meat mallet pound chicken between 2 sheets of wax paper to about ½ inch thick. In large microwaveproof cereal bowl microwave 3 tablespoons butter on High 45 seconds to 1 minute. Beat in egg.

Place breading or bread crumbs in another bowl or plastic bag. Dip each piece of chicken into butter- *(continued)*

MICROWAVE GUIDE TO REHEATING

The techniques here can be used for any quantity of vegetables, pasta or meat.

• BREAD Wrap in paper towel. To heat 1 bagel, 1 large or 2 small muffins or biscuits, 2 slices bread, microwave on High power 10 to 15 seconds. If breads are frozen, heat on High 35 to 45 seconds.

• CASSEROLES, VEGETABLES, SOUPS, COOKED RICE/PASTA THAT CAN BE STIRRED Place in microwaveproof casserole and cover with plastic wrap. Unless it contains cheese, eggs or beans, heat on High until you can hold your hand on the bottom of the dish or the top cover for no longer than 3 seconds (choose whichever surface is hotter). Stir once or twice to redistribute heat. With cheese dishes, heat on Medium.

• CASSEROLES, VEGETABLES, RICE OR PASTA THAT CANNOT BE STIRRED Place in microwaveproof casserole and cover with plastic wrap or lid. Heat on High 3 to 5 minutes or until the sides of the casserole are warm to the touch. Heat on Medium until you can hold your hand on the bottom of the dish or the top cover for no longer than 3 seconds (choose whichever is hotter).

• SLICED MEAT, HAMBURGER, OR MIXED PLATE OF LEFTOVERS Fan out meat on a heatproof plate. Arrange leftovers in a circle with the center open, or place less dense foods in the center. Cover with wax paper. Heat on Medium High 3 to 4 minutes until you can hold your hand on the top cover for no longer than 3 seconds.

Jarlsberg Hors-d'Oeuvres ...that's entertainment!



Jarlsberg Puffs with Sour Cream



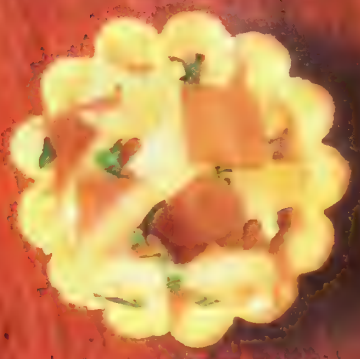
Jarlsberg & Vegetable Bundles



Jarlsberg & Ham Pinwheels



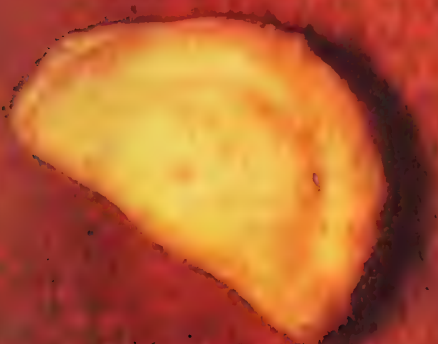
Jarlsberg & Ham on Rye



Jarlsberg & Prosciutto in Pastry Shells



Jarlsberg Deep Fried Cubes



Jarlsberg & Spinach Turnovers



Jarlsberg Mini Reubens



Jarlsberg Nachos

If cheese makes it good, Jarlsberg makes it delicious!

For these recipes, send a self-addressed stamped envelope to: Norseland Foods Inc., 100 Prospect Street, Dept. N1, Stamford, CT 06901



Norseland Foods, Inc., Stamford, CT 06901



GLAZED CRANBERRIES IN WINTER SQUASH

- *May be served with chicken cutlets: Spoon cranberry mixture on squash; set aside while preparing chicken.*
- *Pierce skins of whole vegetables first to let steam escape and prevent bursting.*
- *Turn vegetables over halfway through cooking time for more even heating.*

2 acorn squash (⅔ lb. each) or 1 large (1⅓ lbs.)
½ cup whole berry cranberry sauce (5 oz.)
2 tablespoons orange marmalade
Salt and pepper

Wash acorn squash. Pierce bot sides with a fork. Place on pape towel. Microwave on High 5 minutes Turn over and microwave 5 minute more or until fork-tender. Let stand minutes.

In small bowl combine cranberr sauce and marmalade. Cut squash i half lengthwise (or into quarters using only one); remove seeds. Plac squash cut side up on microwaveproo plate. Spoon cranberry mixture int center of each piece. Microwave stuffe squash on High 1 to 2 minutes. Seaso with salt and pepper. Makes 4 serving 130 calories each.

OLD-FASHIONED CHOCOLAT PUDDING

- *A 4-cup glass measure or 1-quart casserole will prevent boilovers.*
- *Stirring where indicated is critical to prevent lumping and to distribute heat for even thickening.*

3 tablespoons cornstarch
⅓ cup sugar
¼ cup unsweetened cocoa
2 cups milk
1 teaspoon vanilla extract
⅛ teaspoon salt
Whipped cream (optional)

In 4-cup glass measure or 1-quar microwaveproof casserole combin cornstarch, sugar and cocoa. Stir i milk, vanilla and salt. Microwave u covered on High 3 minutes; stir. Micr wave on High 2 to 6 minutes, unt thickened, stirring each minute to kee smooth. Pour into individual servin dishes or bowl. Serve warm or chille with whipped cream. Makes 4 serving about 190 calories each witho whipped cream. **En**

COOKING FOR TODAY continued

egg mixture, then into crumbs to coat well. Set aside.

In 10-inch glass pie plate combine remaining 4 tablespoons butter with onion. Microwave on High 1 to 3 minutes, until tender. Add broth. Cook on High 2 to 4 minutes,until boiling. Stir in parsley, sage, salt and pepper. Stir in bread cubes until moist.

Make 4 mounds of stuffing about the size of a chicken cutlet. Arrange in a circle around edge of pie plate, leaving center empty. Top each with a breaded cutlet. Cover with paper towel.

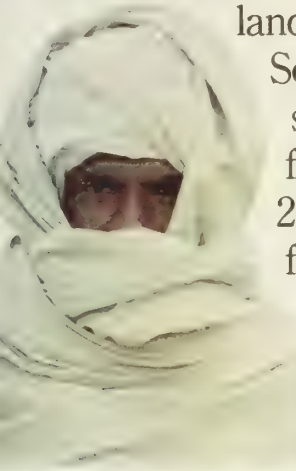
Microwave on High 12 minutes or until done. Let stand 5 minutes. Makes 4 servings, about 560 calories each.

HOMEMADE BREADING

¾ cup fine dry bread crumbs
1 tablespoon chopped parsley
½ teaspoon paprika
½ teaspoon salt
¼ teaspoon dried basil
⅛ teaspoon pepper

In small bowl combine all ingredients. Makes about ¾ cup. Use for Breaded Chicken Cutlets over Mounded Stuffing (recipe on page P.S. 4).

To reach Unjha, one must be willing to brave the 125 degree heat of the Great Indian Desert. That's why Unjha's only visitors are nomads and our spice buyers.



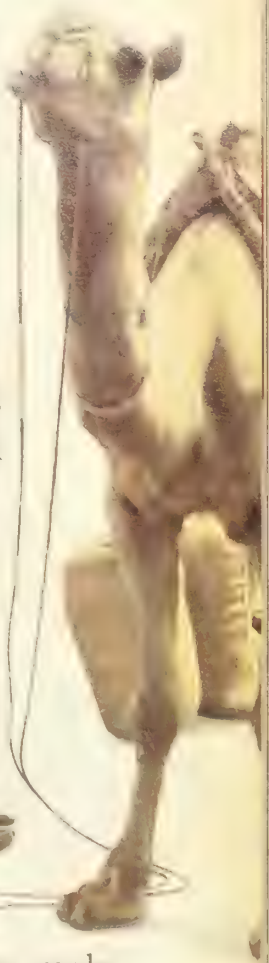
When the wind blows in Unjha, it's as if someone fanned a raging fire. The sky disappears behind a swirling mass of sand. And, in places, the land actually cracks from the searing heat.

Some find it merely oppressive. Others, hell on earth. In spite of the heat and blinding dust, here is where you'll find some of the most flavorful spices known to man.

2,000 years ago, camel caravans traveled whole countries for the cumin, dill and fennel seed this otherwise barren land produced. The trip took months, but those who made it found spices so rich, so full that to own them was as good as owning the world.

Not much has changed since then. Today, Unjha still produces spices so superior that to select them, a few are willing to travel the globe. Those few are the spice buyers from McCormick/Schilling.

Unlike others, we don't simply call some middleman and place our order, sight unseen. We regularly go where the most flavorful spices are grown. Then we pick the very best of those spices.





The fact is, our gourmet spices actually make your meals taste richer, make the flavor fuller. That's why we go to the ends of the earth for them.



McCormick®/Schilling® Gourmet. Quite simply, the best spices on earth.

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WOMEN GETTING AHEAD

Knowing how to handle touchy situations at work can help make your career more successful. By Shirley Sloan Fader



The Stock Market

Q SECRET LIFE?

I ran into my boss at a restaurant during lunchtime, and he was clearly angry about meeting me. He's married, but he wasn't with a woman. I can't understand his behavior.

A Usually such a reaction indicates you've accidentally stumbled on some hidden part of your boss's life. Perhaps he's planning to change jobs and was quietly trying to explore the possibilities with someone at a lunch meeting—then he encountered you. Or maybe your boss was arranging some other details of his business or personal life that he's not anxious for others to know. It's also possible that you misread his reaction.

For your own protection, whenever a co-worker's behavior fails to make sense, you're wise to assume there really is a good reason for the behavior. Then your best course is to relieve any pressure your co-worker may feel by never asking about or referring to it.

Q RIGHT OR WRONG?

I borrowed a stapler from another woman's desk while she was out sick. She was furious, and it turned into a real feud. Now my boss is annoyed by the situation.

A Your main objective should be to end the feud and reopen normal working relations with the other woman. If you can't get along with someone, you're decreasing office productivity. Remember, more people lose their jobs because of personality conflicts than because of incompetence. This is one of the central facts of the 1980s job world.

You don't have to tell the woman you were wrong or even that you're sorry. You can stick to the truth. Just tell her you didn't realize she felt so strongly about someone borrowing without first asking; now that you know, you won't do it again. Then say, "Let's go back to working pleasantly." You don't have to be buddies with her, only co-workers who get along. Then safeguard your job by making sure your boss knows that the personal situation—and productivity—have returned to normal.




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It's all Greek
to him.
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ONE FAMILY'S PROBLEM

"OUR WORLD WAS TURNED UPSIDE DOWN"

A freak accident tore her family apart. How could she help her young son cope with this tragedy? By Jane Marks

This story is part of a continuing LHJ series that takes a look at the problems of families today. Each article focuses on a real-life family ordeal and provides expert advice on finding solutions.

THE PROBLEM

It was February 15, 1982, the end of a crisp cold and beautiful Washington's Birthday weekend. Maggie Butler, her husband, Ted, and their three-year-old son, Gregory, were heading home to Hastings-on-Hudson, New York, from a visit with friends. They had gone cross-country skiing, and on Saturday night, there had been a party. That was when Ted, thirty-eight, had told Maggie that he was very proud of her for having the courage at age twenty-nine to go for her MBA and to land an important job as a financial planner for AT&T. Maggie knew that she couldn't have taken those steps without Ted's encouragement. After eight years of marriage, she still felt like the luckiest woman on earth.

Now it was close to lunchtime. There was a gas station up ahead, so Ted pulled in. Maggie went to get sodas from the machine in the service station. Since she would be gone for only a minute, she left Greg strapped in his car seat in the back. Ted got out to check the car, which had been making a strange noise during the trip.

Suddenly, Maggie was startled by a tremendous throbbing sound that seemed to shake the floor. She rushed outside to see Ted lying unconscious on the ground, with hunks of ice all around him. The windshield and front [illegible] their car were severely dented. Gr[illegible] was still strapped in his seat in the back, crying hysterically.

Terrified, Maggie checked on her son and screamed for someone to call an ambulance. A station attendant quickly made the call.

An avalanche of ice had come crashing down from the A-frame roof of the station, and only Greg had seen it. Ted was lying very still. "I looked at him and knew it was serious," said Maggie, an attractive and lively woman with curly brown hair. "I was petrified, completely shocked. In minutes, my life was totally changed."

The ambulance took them to a small rural hospital nearby. A doctor examined Ted and told Maggie, "His skull is fractured. There's only one chance in a million he'll survive."

The medical staff immediately put Ted on life-support systems. His parents arrived, and so did Maggie's. "We all cried a lot," she recalled.

The doctors said that Ted could die any moment, but he had been in such good physical shape that he continued to hang on. However, tests by a neurologist proved that Ted was brain-dead.

"So now it was a matter of pulling the plug," said Maggie. "It was the saddest day of my life.

"But my biggest concern was Greg. I knew that whatever I was going through, it was a lot worse for a little boy, especially since he was the only one who had actually seen the accident. When I sat him down and told him that his daddy was going to die, he just gave me a blank stare. But later, when we were walking, he grabbed my arm and cried, 'Mommy, promise me, promise, promise that you won't die.'

"I didn't know what to say. I was very concerned about what he remembered, what he saw and what impact it would have on him in the future. I knew my son would need help dealing with this traumatic experience; it had changed his life, but I didn't want it to scar him forever. I decided to seek an expert, but I wasn't looking for conventional psychiatry. I wanted someone who had experience in helping people cope with tragedies. I was grateful when a friend referred me to Ann Kliman, a pioneer in the field of crisis counseling. I called her immediately."

ADVICE FROM AN EXPERT
ANN KLIMAN, M.A.

Ann Kliman is director of the Situational Crisis Service of the Center for Preventive Psychiatry, a nonprofit institution in Westchester County, New York, and author of Crisis *(Holt, Rinehart and Winston)*

"Crisis counseling helps people deal with all the reactions and feelings they experience after personal tragedy," explains Ann Kliman. "The tragedy can be any occurrence that fractures the family or upsets its everyday equilibrium. Besides sudden or accidental death, this includes separation or divorce, robbery, rape, prolonged illness, fire, birth of a handicapped child, the sudden infliction of a handicap, or a natural disaster such as a flood. Crisis counseling educates the patient about the predictable reactions he will experience, helps adults to understand that children will react to these situations differently and prepares the patient for the difficult times that lie ahead.

"Maggie called me a few days after the accident and asked me how best to help her and Greg through the impending crisis of her husband's death. I told her that I felt it was important to keep Greg involved. I suggested that she take him to the hospital to say a last good-bye to his father but also that she explain to him *(continued on page 151)*



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Ann Jillian
GETTING ON WITH HER LIFE

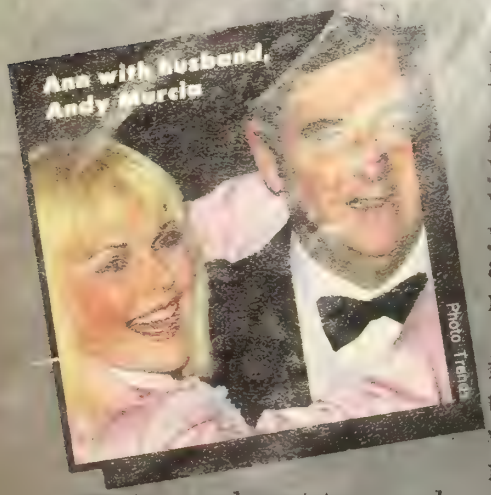

Ann with husband, Andy Murcia

Photo: Trena S.

It was almost too much for me to handle," says actress Ann Jillian, recalling the traumatic events she coped with last April. "You're told that your breasts have to be cut off. You're sick with shock and fear, and then you think of your husband and what this will do to him. You think of your job, your career. I felt, If all this is taken away from me, then I don't want to live.

"I remember one night crying until my eyes were totally red. I thought Andy would never want to touch me again, that he'd never be *able* to touch me again, not the way he did before," she recalls. Andy Murcia is Ann's husband of eight years and now also her manager. The couple met when he was a police sergeant moonlighting as a guard at the Chicago hotel where Ann was staying. "We can intellectualize about love and companionship," she says, "but the bottom line is that everybody is afraid of losing sexual attractiveness."

The initial shock of the double mastectomy has passed, but Ann's struggle to get her personal and professional life back on track has taken longer. Of course, for any woman, a mastectomy is a harrowing experience, but it was especially so *(continued on page 147)*

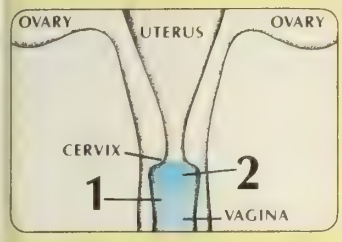

Mark Sennet

Healthy again after her double mastectomy, the actress declares, "I've never felt more alive. I've never felt more loved."

By Stuart D. Bykofsky

"I don't take the pill anymore."

"Since I started using Encare, I see no reason to go back to the pill. I mean, Encare has no hormones and that's important because my doctor told me to get off the pill for a few months to give my body a rest. On top of that, Encare's 2-way protection makes me feel safe.



1. Encare Contraceptive Inserts give you a precise dose of the spermicide doctors recommend most.
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"Just remember, it's essential to insert Encare at least 10 minutes before intercourse and follow the package instructions. For your convenience, you can insert Encare up to 1 hour before intercourse if you choose. Some Encare users experience irritation. If you do, simply discontinue use.

"Encare is approximately as effective as vaginal foam contraceptives in actual use. It's not as effective as the pill, however no birth control method is 100% effective, so talk to your doctor. If he or she has told you not to become pregnant, ask which method including Encare is best for you and discover birth control you can trust."





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Encare
Birth control you can trust.

MEDINEWS



The latest scientific research and medical findings to kee your family its healthiest. By Beth Weinhouse

MEDICAL INFO: ONLY A PHONE CALL AWAY

You can't be cured by a telephone, but you can get medical information—often free—by calling these hot-line numbers set up especially to help people learn about various diseases and conditions, find the proper treatment for them and keep up-to-date on the latest research. (All the hot lines listed maintain local business hours unless otherwise indicated.)

- Acne: Acne Help Line, sponsored by the Acne Research Institute, in Newport Beach, CA, 800-235-ACNE (in California, 800-225-ACNE).
- Acquired Immune Deficiency Syndrome (AIDS): AIDS Hot Line, 800-342-AIDS (in Hawaii and Alaska, 404-329-3534 collect).
- Agoraphobia (fear of open spaces): The Agoraphobia and Anxiety Program of Temple University, Philadelphia, 215-667-6490.
- Alcohol: National Clearinghouse for Alcohol Information, 301-468-2600.
- Alzheimer's disease: Alzheimer's Disease and Related Disorders Association, 800-621-0379 (in Illinois, 800-572-6037), 24 hours.
- Anorexia and bulimia: National Association of Anorexia Nervosa and Associated Disorders, 312-831-3438.
- Blindness: American Council of the Blind, 800-424-8666.
- Blindness and physical handicaps, available programs: The National Library Service for the Blind (part of the Library of Congress), 800-424-8567 (in Washington, DC, 202-287-5100).
- Cancer: Cancer Information Service, part of the National Cancer Institute, 800-4-CANCER (in Washington, DC, 202-636-5700).
- Cocaine: Cocaine Abuse Hot Line, 800-COCAINE, 7 days, 24 hours.
- Diabetes: Juvenile Diabetes Foundation, 800-223-1138 (in New York State, 212-889-7575).
- Digestive disorders (from heartburn to ulcers): Gutline, sponsored by the American Digestive Disease Society, 301-652-9293, Tuesdays between 7:30 and 9:00 P.M. Eastern time.
- Drugs, drug interactions, drug side effects: Food and Drug Administration (FDA) Center for Drugs and Biologics Office of Consumer and Professional Affairs, Rockville, MD, 301-443-1016.
- Food and cosmetics safety: The Consumer Inquiries Section of the Office of Consumer Affairs of the FDA, 301-443-3170.
- Hearing problems: Dial-a-Hearing Screening Test, part of Occupational Hearing Services, 800-222-EARS (in Pennsylvania, 215-565-6114).
- Heart disease: Heart Line, sponsored by the Association of Heart Patients, 800-241-6993.
- Infertility: Resolve National Phone Counseling Line, 617-484-2424.
- Kidney disease: American Kidney Fund, 800-638-8299 (in Maryland, 800-492-8361; in Washington, DC, 301-986-1444).
- Lung disease, respiratory disorders, allergies: Lung Line, sponsored by the National Jewish Center for Immunology and Respiratory Medicine in Denver, CO, 800-222-LUNG.
- Lupus: Lupus Foundation of America, Inc., 800-558-0121.
- Nutrition for infants and pregnant women: BeechNut Nutrition, 800-523-6633 (in Pennsylvania, 800-492-2384).
- Spina bifida: Spina Bifida Association, 800-621-3141 (in Illinois, 312-663-1562).
- Sports and sports injuries: Women's Sports Foundation, 800-227-3988 (in Hawaii, Alaska and California, 415-563-6266).
- Sudden Infant Death Syndrome (SIDS): American Sudden Infant Death Syndrome Institute, 800-232-SIDS (in Georgia, 800-847-SIDS).
- Surgery: Second Opinion Hot Line, sponsored by the U.S. government's Department of Health and Human Services, 800-638-6833 (in Maryland, 800-492-6603).



CONTRACEPTION NEWS

The Food and Drug Administrat has recently approved a n contraceptive—VCF Vaginal Cont ceptive Film—for sale in the Uni States. The product, made up o spermicide (nonoxynol-9), polyvi alcohol and glycerine, resembles small square of white translu plastic. When inserted high in the gina (five minutes to an hour an half before intercourse), it dissol into a gel that provides protect comparable to other available spe icides. The product, manufactured Apothecus, Inc., has been marketed Europe for more than ten years. only significant side effect seems be vaginal irritation in some wom

HATE JOGGING? TRY "JARMING"

If you're tired of hearing of the lat benefits of jogging and can't waking up early each morning huff and puff around the block, t heart. A Massachusetts physici has found an exercise that may even healthier: jarming.

"Jarming" is the term Joseph Wassersug, M.D., has coined "jogging with the arms"—exerc ing the arms in an aerobic fashi such as waving a baton on podium. Writing in a recent issue Postgraduate Medicine, *he repo that orchestra conductors and co cert musicians tend to live lon than joggers and runners.*

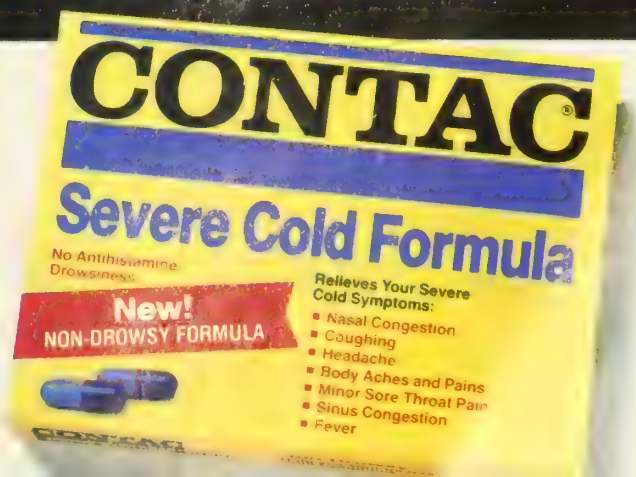
Jarming, according to Wass sug, exercises rarely used arm mu cles as well as providing the sa aerobic advantages as joggi without stressing the joints. Jar ing is possible at almost any a and it can be done indoors or o For more details on how to jar read Dr. Wassersug's book, Jarm How to Jog with Your Arms to L Longer *(Ashley Books).*

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THE KIDS NOBODY LOVES



Carrie Boretz

They're young, unwanted, desperate and lonely. They're throwaways, and the street is their home.

BY DIANE SALVATORE

Jody, a platinum blond with blue eyes, left her hometown of Minneapolis last February, just after her sixteenth birthday, and headed for New York City. Three years earlier, she had dropped out of junior high and was placed in a group home with other teenagers like herself whose parents had abdicated responsibility for them. Jody says she sometimes preferred her life at the group home because her mother and her stepfather had divided their time between smoking marijuana and beating her.

Jody admits she has been a troublemaker since the age of eleven. "I was high-powered; I had lots of juice," she says. She started brawls and was arrested for vandalism and trespassing, activities she took part in "because it was something to do." When Jody left Minnesota to come to New York, no one—not her parents or her group home counselors—came looking for her. In fact, they barely noticed she was gone.

Now Jody lives a rough and lonely street life in New York City. She sleeps on subway cars, in empty warehouses along Manhattan's West Side piers or in an abandoned Harlem building she shares with two homeless boys her age. She panhandles in Times Square (the heart of the city's pornography and prostitution trade), but she swears she won't ever "go on the whore stroll." Recently, she was detained by police for an attempted chain snatching.

Jody spends much of her time hanging around New York's Port Authority Bus Terminal. "The Port," as the teenagers who make their home there call it, is a sprawling, cacophonous building crowded with commuters passing through, and knots of young people with no place else to go. "The worst thing about being in the street," Jody says, "is not having nothing, wearing the same clothes every day, worrying about where you're gonna sleep." But Jody, all casual bravado, repeatedly denies that she misses her mother. Then she says suddenly, "I call her every day [using a stolen credit-card number]. She tells me if I go back to Minnesota, I ain't got a place to live."

Hundreds of thousands of homeless young people like Jody live on the streets in America today. They are known as pushouts or throwaways, children between the ages of ten and seventeen whose families have neglected, rejected or abused them. They are children condemned

Throwaways concentrate on survival. Shelter is taken in abandoned trucks or buildings, all-night porn theaters or bus terminals.



Carrie Boretz

to aimless, desperate, often criminal lives, their days spent searching for things most of us take for granted—food, shelter and an affectionate relationship with a family we love.

Throwaways, like runaways, usually take to the streets because of problems at home, and social agencies often treat the two groups of unhappy youngsters as one. But there are important differences: While runaways often have a home to return to and a family waiting to work out problems, throwaways are not welcome back home or simply have no home to return to. They are frequently the product of fractured families unable or unwilling to provide even the minimum of care to society's most vulnerable members.

Because throwaways have only the street to call home, it is virtually impossible to know exactly how many there are nationwide. Most experts, however, estimate that there are at least 500,000, with other reports—including one from the federal Office of Juvenile Justice and Delinquency Prevention—putting the figure as high as 2.4 million.

Whatever the exact count, one thing is certain: The number is on the rise. The U.S. Department of Health and Human Services now acknowledges that some 35 percent of youths previously assumed to be runaways are actually throwaways. And the National Runaway Switchboard, a hotline for both runaways and throwaways, reports that calls have more than doubled over the last ten years from throwaways on the street who are desperate for help.

"It's a problem of immense proportions," says Senator Paula Hawkins (R-Fla.), "and it's growing." Hawkins, with Senator Arlen Specter (R-Pa.), has fought to increase federal funding for the Runaway and Homeless Youth Act (RHYA). Since 1977, Congress has provided funds under the act to support 273 runaway and homeless youth shelters across the nation. Though its annual budget has increased significantly over the years, in 1985 RHYA received only $23.25 million—one of the smallest appropriations of money granted to any federally-funded program.

Families in trouble

There is no typical throwaway, but authorities have been able to draw certain conclusions about the group.

- The average age for boys is seventeen, while girls are two years younger. (The population is evenly split between males and females.)
- Throwaways come from all ethnic groups, all fifty states, and from both lower- and middle-class families.
- The majority of throwaways come from families in which only one biological parent is present. Divorce has resulted in either a single-parent household or the remarriage of one parent.
- More than half of all throwaways come from households where one or both parents are alcoholics.
- At least half report having suffered incidents of physical abuse at the hands of their parents, and an increasing number report sexual abuse. Others complain of neglect, of poor or strained communication between family members and of violent clashes over rules of behavior.

Ricky, sixteen, is a child nobody loves. In jeans, a ski cap and unlaced lumberjack boots, he looks world-weary and sad. He never knew his real father, and when his mother remarried, Ricky and his stepfather argued bitterly about his choice of friends, his grooming and his grades. "He started beating on me," Ricky says, "and I didn't go for that." Finally the tension got so bad that Ricky's mother, afraid her new husband would abandon her and her three younger children, ordered Ricky out of their house in Far Rockaway, New York, warning him not to return.

That was nearly a year ago, and Ricky has been living in the Port Authority Bus Terminal since then. He has met some older boys on the street who sometimes give him a stolen pass to a disco uptown, where he slips in to steal drinks and hors

d'oeuvres off the tables. But mostly he has survived by picking up "johns" outside porn theaters along Forty-second Street and using his earnings for food and an occasional night in a Times Square hotel when he needs a break from sleeping in the bus terminal's waiting areas. Despite his prostitution, Ricky doesn't worry about disease, not even AIDS. "I had secondary syphilis once already," he says, shrugging. "It ain't so bad. I figure being on the street is a slow death anyway."

Ricky spends the bulk of his days in a numbing routine of aimless wandering. He hangs around with other throwaways, indulging in the kind of idle gossip that inevitably leads to resentment and fights. Occasionally, he thinks of suicide. "I had a razor one time, and I really almost did it," Ricky says. "But then I thought, Just 'cause my parents don't give a damn about me doesn't mean I shouldn't try to live my life."

Ricky can't afford to admit that he feels vulnerable about anything, he says, especially in front of other street kids. "No one's a friend out here; you gotta watch your own back. The soft ones don't cut it." Still, it's clear that Ricky hides an aching loneliness and nurses dreams of escape. He's sure that someday, as he is singing for money in the Port Authority terminal, someone is bound to hear his deep bass voice and make him famous. For Ricky, like other throwaways, salvation is both just around the corner and yet light-years away. Riding up and down the escalator, he beats out a tattoo and sings, a cappella, "Someday I'm gonna be/A movie star . . . or somebody."

Why does a family like Ricky's unravel so much that children become bothersome loose ends or, worse, targets of such anger and frustration that they are frequently abused and ultimately rejected? "Homeless kids are definitely a reflection of societal problems," says June Bucy, executive director of The National Network of Runaway and Youth Services in Washington, D.C. Economic pressures (such as unemployment) and alcoholism are two of the problems that can strike a family and severely erode healthy relationships.

But there is also the staggeringly high number of divorces (a fact of life in one out of two American homes), which contributes to leaving a full one quarter of our families with children under eighteen headed by only one parent. Of those families, 42 percent are living below the poverty line. Even without the financial pressure of being a single parent, the emotional cost of divorce is high. Counselors across the country cite the breakdown of the nuclear family as one of the surest explanations for the problem of throwaway children.

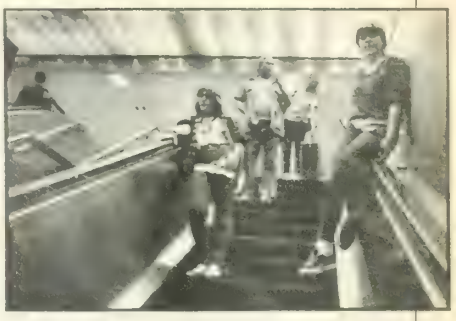
"Some parents are just inept," Bucy says. "They can't handle their own problems, so they expect their kids to help. But most kids are so busy growing up that it's a pretty rare adolescent who has the emotional energy to hold up a parent as well."

Tom Onorato, a therapist at Beverly Hills Community Clinic and senior counselor at Options House, in Los Angeles, also feels that some children don't stand a chance from the start. He has worked with countless throwaways whose mothers are drug addicts or whose fathers sexually abused or beat them. "You can't expect a kid to turn out terrific or to learn a positive lifestyle," he says, "if this is the only role model he or she has."

No one pretends that parents are the only ones to blame, however, when family relationships go awry. Some children, Onorato admits, "are hard to live with." Teenagers who break the law, use drugs or befriend a rough crowd of kids can push even conscientious parents to the breaking point. And not all parents who order their children out of the house do so without regret: Some just decide that they are not getting enough cooperation from their child to make the anguish the whole family is suffering worth it.

Although occasionally a child is thrown out because of a recent conflict caused by the growing pains of independence, most often the rejection is a gradual process. As the Senate Judiciary Committee has described it, a throwaway "may well have been living with intolerable conditions over a long period of time." In fact, throwaways frequently have a long history of separations from their family that "become more serious as the child gets older," says Dr. Dave Coughlin, director of home campus programs at Boys Town, Nebraska. "Eventually it's no big deal to end up in the street." The final separation is sometimes a violent fight that is the culmination of years of hostility. In other *(continued)*







"On the street, the kids hook together in a pseudo-family," says one counselor. "But they won't ever realize the dream of a mom and dad who want them and take care of them."

"What's sad is that teenagers acclimate to depravity and pain," says one shelter director, "and accept it as a normal experience."



Carrie Boretz

(continued) cases, a neglected child simply does not return home because home has been such a fragmented, unhappy place for so long.

Throwaways and the law

Our legal system has tried to anticipate such situations. By law, no child should ever find himself or herself homeless; state-run institutions are designed to function as a safety net for children whose parents have shrugged off their responsibility. In most states, children can choose to leave home at age sixteen (in other states, at age fourteen or eighteen), and the state cannot legally coerce them to return. A youth can, however, be arrested for running from a court-ordered placement, but it is an open secret among social-service professionals that agencies don't really care if older children are returned to their assigned placements,because their age makes it almost impossible to settle them permanently with a family.

Children usually end up in foster homes if their parents turn them over to their state's child-welfare agency when they feel incapable of caring for them. Sadly, it is not uncommon for such children to encounter apathy or more abuse at the hands of some foster parents. Others, for whom transience becomes a way of life, have been in scores of different foster homes or institutions by the time they reach adolescence. It is this population of children, "in the system until the caring runs out," as Bucy puts it, that constitutes a large portion of homeless youths in the street.

At fifteen, Lisa is cute and slightly built, with lots of little-girl flourishes—a contagious giggle and a big, innocent smile. She left her home in the Bronx, New York, after a particularly bad beating from her mother, and also, she admitted later, because her father had been raping her since she was twelve.

When Lisa first landed on the street last June, she slept on "the hill," a small, grassy slope under the Port Authority terminal, with a group of other throwaways her age, using cardboard as a mattress. When winter came, Lisa and her group moved to the abandoned Hotel Lenox, a few blocks away. Half the building's facade is torn away, and the rotting floors, with gaping holes in them, are exposed. Knife fights among the boys are commonplace, and rats abound. There are real mattresses here, but they are urine- and semen-soaked. "You take your chances in there," Lisa says. "That's why I always have a boyfriend with me."

Lisa's boyfriends get money for dates by "vic-ing" (robbing) people in Central Park. They take her to arcades or movies, where there is a modicum of privacy, or to Bryant Park, just outside Times Square, at night when they want to have sex. Lisa says she does not want to raise a child on the streets, but she does not use birth control. "Somebody told me there's a certain muscle you can strain and it stops it," she says. "They told me you can prevent yourself like that . . . No? Well, that's what I've heard."

Lisa gets through the days one by one. "The worst thing for me is the fear of getting killed," she says. She was raped once by a pimp who she says still stalks her. Some older homeless boys look out for her, she says, giving her money and sharing their drugs with her. "I take cocaine, reefer, Quaaludes, acid, and I drink a lot of vodka," she says. The boys don't expect anything for their kindness, Lisa insists. It is several days later, after coming down from an all-night mescaline trip, before Lisa admits that the boys "expect something for something."

Despite her abusive parents, Lisa would rather be at home. "I call my mother almost every day to say, 'Hi, I'm doin' all right.' But she don't want me back. I asked her so many times, but she says, no, I can't live with her no more." Lisa turns away angrily. "She *should* take me back. A real mother wouldn't have thrown me out in the first place. But she don't want me back. So I'm stuck on the street now."

Surviving street life

As these statistics show, life on the street exacts a heavy toll.

- Most throwaways suffer from some psychological disorder—depression, suicidal feelings or antisocial *(continued on page 154)*

Toe to toe



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NURTURING
WHAT EVERY MARRIAGE NEEDS

We reserve time for our kids, listen to our friends' problems. But are we failing to show our mates how much we care?

BY PHILIP BLUMSTEIN, PH.D., AND PEPPER SCHWARTZ, PH.D.

Well past seven-thirty on a Tuesday night, Jane, thirty-five, a marketing consultant with one teenage daughter, rushed into the house and popped a frozen chicken into the microwave. We had come to interview her about marriage for our book on couples today, and we noticed—as she dashed about the kitchen, raced upstairs to change clothes, then came downstairs to chat breathlessly with her daughter—that she had barely said more than a quick hello to her husband, Jeff, an attorney. "Is all this frantic rushing around normal for you and Jeff?" we asked. Jane shrugged and said: "Sure. Things are so crazy around here, Jeff and I usually have to wait until the weekend to finish a sentence." With that, she turned and raced into the kitchen.

Then there's Fran, thirty-one, a planner with the city of Chicago. She and Elliott, thirty-five, a financial analyst, have been married for nine years, and they have two adorable children, five and seven years old. Even though Fran's office is only a fifteen-minute drive from her house, she sets the alarm for five-thirty every morning so she can get the children ready for school in time to finish up the office work from the night before. Weekends are jam-packed, too. Elliott usually takes their son to soccer practice, while Fran drives their little girl to ballet school. When we asked Fran about her sex life, she laughed. "Maybe next year," she said. "We're planning to go on a date this summer so we can find out what each of us is doing."

Sound familiar? We bet it does—so familiar, in fact, that it hardly seems necessary to discuss the frantic busyness of most lives today. Yet we also sense a bittersweet feeling behind such comments. In the rush to have and do it all, to juggle all areas of their lives, many couples today are overlooking one of the most basic elements of marriage: the nurturing every loving couple need to keep their relationship strong and special.

Most often, the trouble is not apparent. Couples seem contented. Care has been taken to make sure the children are active and well adjusted. Everyone's involved in fruitful activities. Yet, despite the seeming tranquillity, something is missing. Unwittingly, many husbands and wives are losing the ability to create and sustain *(continued)*

Tom Arma

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intimacy in their most cherished relationship. They are forgetting how crucial it is for each of them to be a constant source of positive regard for the other. These men and women feel lonely, friendless, with no one to share their deepest feelings. They are experiencing a crisis in caring.

Indeed, when we spoke with more than six thousand couples for our book *American Couples* (Pocket Books, 1985), we noted an alarming trend: While the majority of men and women told us they yearned for a total partnership, a marriage in which both husband and wife participated with similar devotion and commitment, in reality the pattern was just the opposite. Many marriages, it seems, are cruising along on automatic pilot under no one's watchful guidance.

And therein may lie a basic cause of the vulnerability of marriage in the eighties. Because neither husband nor wife has time or energy, they lose a vital dimension of the marital relationship: the intimate caring, expressed by nurturing, that keeps a marriage secure and lasting.

The missing link

Nurturing within the context of marriage is in some ways similar to the nurturing you would give a child, a pet or even a favorite plant. It is that extra attention necessary for growth and well-being. Nurturing requires sensitivity to an individual's unique needs—not what you think a person should want, not what society leads us to believe is appropriate, but precisely what the other person truly desires.

For example, one husband we spoke with complained that his wife never appreciated the dozen long-stemmed roses he specially ordered from the florist every Mother's Day. We wondered what the problem could be, until we spoke with his wife, who, we discovered, is extremely allergic to all kinds of flowers. Yet, she told us, somehow, in all the years they were married, she could not get her husband to respect this.

To the outside observer, this incident might seem trivial, even funny. Yet we believe it signals a true lack of nurturing. Fine intentions notwithstanding, this husband had never really concerned himself with his wife's needs. "Good husbands send their wives flowers" was his assumption. Understandably, this woman felt disconnected from her mate.

We also saw evidence of a lack of nurturing when we spoke with Michael, forty-one, and Wendy, thirty-nine, who have been married for seventeen years and have three daughters. Wendy owns a fancy-cookware store. Michael owns a car dealership, and he told us, "I'm dead tired at the end of the week from seeing people day in and day out. But Wendy keeps scheduling formal dinner parties on the weekends, when all I want is peace and quiet. I don't mind a party once in a while. But they're no fun when I'm exhausted. Yet I don't seem to be able to get that through her head." It was clear that Wendy's love of entertaining and her refusal to consider her husband's needs were driving a wedge into their seemingly stable marriage.

What other factors are involved in nurturing? High on the list is time—time devoted specifically to being with or listening to the other person. And that doesn't mean squeezing a bit of nurturing into a moment snatched here or there. Listening to your husband talk about a distressing problem with his boss while you're trying to quiet a cranky two-year-old doesn't count. For nurturing to be real and effective, a spouse must feel that time has, in a sense, stopped, so that his or her needs can be put first. Ironically, wives and husbands make time to listen to their children, to their friends, but rarely to their spouses, who are supposed to be their best friends.

In a truly nurturing relationship, the emotional antennae are always tuned so a partner's moods can be monitored.

Such is the case with Marla, twenty-seven, and Jeff, thirty, who've been married for seven years and have a four-and-a-half-year-old son and a ten-month-old daughter. Marla is unhappy about her life but doesn't know how to change it. "We get up in the morning, and half the time I forget to kiss Jeff good morning because the baby is crying and Lyle, our son, has already climbed into our bed," Marla said. "Jeff gets busy feeding the baby, and we're usually both out the door without saying ten words to each other. Dinner is just as frantic. At night, I read to Lyle and hear his tales of nursery school before I collapse in bed. I know more about Lyle's day at school than about Jeff's day at the office. I've no doubt that I'm doing a lot better with my kids than I am with my marriage."

Finally, nurturing must involve both physical and emotional contact. The other person needs to be touched, made to feel special and desirable, helped to relax. In a truly nurturing relationship, the emotional antennae are always tuned so that a partner's moods can be carefully monitored. If he or she seems reluctant to share some inner feeling or is upset, anxious or fearful, the loving spouse must make a special effort to draw out and explore those feelings as soon as they appear.

"Unfortunately, that's what I often forget to do," said Diane, who recently started a high-pressure research job at a television station. "Take the other night," she continued. "I didn't get home until eight-thirty, wolfed down some cold cuts and completely forgot to ask Paul, who works at the same station, how his big interview for an on-camera spot had gone. He was really hurt, but I was so wrapped up in myself I didn't realize he was sulking. It wasn't until later that evening, when he finally blew up at me, that I came to my senses. I apologized and tried to make it up to him—but the only real way to do that is never to let it happen again."

When the three elements of nurturance—attention, time and contact—are exchanged between partners, we have found that a satisfying marriage is almost guaranteed. Of course, the importance of nurturing to a happy marriage is certainly not a revolutionary concept. What *is* new is that in many marriages today, no one is doing any nurturing. In the past, it was understood that the emotional caretaking in marriage was the wife's responsibility. But today, even a full-time mother and homemaker rightly assumes she deserves concentrated attention. She expects her worries to be taken seriously.

What is also new about the current crisis in caring is the fact that many couples today expect so much of themselves, their mates and marriage that they may be bitterly disappointed if reality falls short of their dreams. Indeed, during the last few years, the rush-for-success ethic has so permeated our consciousness that both men and women assume every aspect of their lives—whether it's landing a new job or buying a house—will go swimmingly. Too often, we have noted, couples are unable to take setbacks in stride. Instead, they blame each other—just the opposite of nurturing—further reducing intimacy.

Sadly, this lack of nurturing may well have more dire consequences. In the eighties, while divorce is certainly not taken lightly, it no longer carries a *(continued on page 132)*

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PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.

CAN'T DECIDE

Q I can never make a decision. Even simple things like selecting shoes to wear are difficult because I'm afraid that I'll make the wrong choice. Why am I so indecisive?

A Lack of decisiveness is a common complaint. Some people have almost no experience making their own decisions because others have always decided for them. Extreme indecisiveness can also occur if a person has experienced a severe negative consequence of a wrong decision and perceived it as a reflection of her worth. If either of these situations applies to you, you may feel emotionally paralyzed when faced with a choice, for fear that a wrong response would prove your inadequacy. But if others make choices for you, it will keep undermining your confidence.

Change is less difficult than you think. Make a list of the problems or choices that you might face in one day. Then take the one that has the least potential for serious negative consequences and put it at the top of the list. It may be as simple as what movie to see over the weekend. Make sure, however, that the people involved in the outcome of your decision are supportive.

When you make a wise decision, don't pass it off as luck, but realize that you used good judgment. And if you make a bad decision, don't dwell on it. Remember, everyone makes mistakes.

JOB APATHY

Q My husband has a good job that he has always enjoyed, but recently he doesn't seem to be interested in his work. He keeps talking about retiring, but he's only forty-five years old!

A When a man begins to talk about retiring at a relatively early age, it often indicates that he is either feeling burned out from his job and is no longer challenged by it, or has given up on the possibility of moving into a higher-level position and is resigning himself to that fact. But unless a person is exceptionally creative, with many avocations, retirement at any age is often a first step toward apathy and frequent illness. Productive work is an important ingredient of a healthy life.

The fact that your husband has not told you why he wants to retire might indicate that he doesn't understand his feelings. Often, men cannot articulate their emotions because in our society, they are not supposed to express anxiety, conflicts or weaknesses.

Share your concern with your husband. You might be able to provide him with emotional and financial support so that he can seek out a job that will give him satisfaction and you the pleasure of a lively companion.

LIKES TO BE SCARED

Q Every time my ten-year-old daughter watches a frightening TV program, she has nightmares. Yet she gets upset when I won't let her watch these shows. Why is she so fascinated by them?

A You need only look at the front page of any newspaper or the highest-rated shows on television to recognize that people are drawn to action and violence. This is because we want to put acts of terror in some kind of perspective to get control over the things we fear. Facing something that frightens us and yet allows us to walk away from it, such as a TV show, seems to be the best way for us to do this.

Your daughter is experiencing this desire to confront her fears and see if she can get control over them. She has a strong need to master the things she is afraid of, and so she continues to watch frightening programs.

However, if something scares us so much that we have nightmares about it, we should not expose ourselves to it. I think it is important that you not let your daughter watch frightening programs. But you should talk to her about the real risks that she might face in the world. Tell her that she can always come to you and your husband with any problem or fear she might have.

LHJ welcomes your questions for Psychologist's Journal. Send them to Dr. Sonya Friedman, LHJ, 3 Park Ave., New York, NY 10016. Dr. Friedman regrets that she cannot respond personally.

THE BENEFITS OF ROCK MUSIC

Today's popular music can help you deal with various problems, says psychologist Robert H. Phillips, Ph.D., founder and director of the Center for Coping with Chronic Conditions, in Garden City, New York.

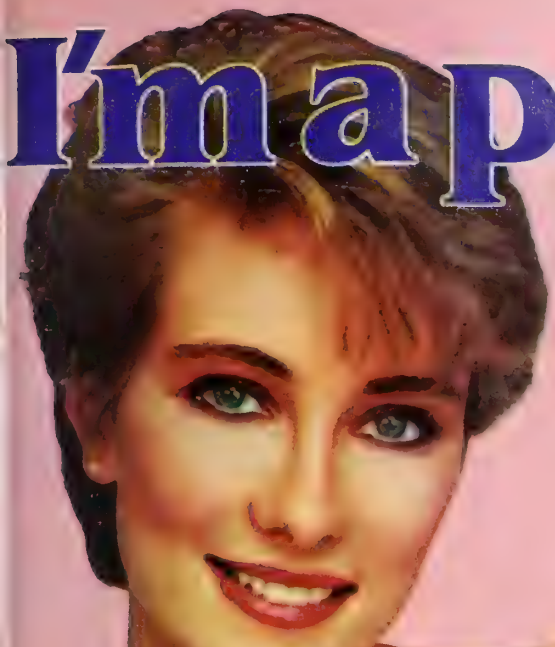
"If properly chosen, popular songs can dominate an individual's consciousness with positive ideas," Phillips explains. "Some people are able to use these ideas to recharge themselves and ultimately internalize the good feelings that the lyrics express."

Phillips says that depressed people tend to be more likely to think negatively about themselves and their lives. Listening to music can help them replace these negative thoughts with more realistic, positive ones.

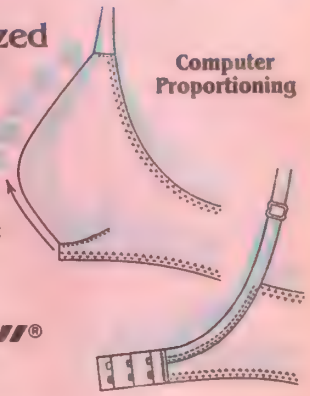
Songs that he believes have therapeutic value include: "You're Only Human (Second Wind)," by Billy Joel; "Over and Over," by Madonna; "I Made It Through the Rain," by Barry Manilow; "Fame," by Irene Cara; and "You Can Get It If You Really Want," by Jimmy Cliff.

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I'm not quite a 36.

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We're looking for people to write children's books

Alvin Tresselt,
ın of Faculty

**riting for children is the per-
t way to take up writing,"
s the author of 53 children's
ɔks. "Your ideas come right
: of your own experience.
d while it's still a challenge,
the straightest possible line
:ween you and publication—
ou're qualified to seek the
:cess this rewarding field offers."**

F you want to write and get published, I can't think of a better way to do it than writing books and stories for children and nagers. Ideas flow naturally right out of ır own life experience. While it's still a llenge, the odds of getting that first un-gettable check from a juvenile publisher better than they are from any other kind ɔublisher I know.

ater on, you may get other checks from er publishers. But right now, the object is egin—to break into print—to learn the ling of writing and selling your work and ing your name in type. After that, you decide if you want your writing to take ɔther direction.

But after 30 years of editing, publishing, d teaching—and 53 books of my own—ın tell you this: You'll go a long way before discover anything as rewarding as writing young readers.

Your words will never sound as sweet as y do from the lips of a child reading your ɔks and stories. And the joy of creating ɔks and stories that young people "really e" is an experience you'll never have any-ere else.

A surprisingly big market

t, that's not all. The financial rewards go far yond most people's expectations because ere's a big market out there for writers ıo are trained to crack it. More an 130 million young people's ɔks are purchased each year. As any as 2,500 new titles appear nually and new authors count for up to half of them. There are also 250 monthly agazines looking for material for ung readers. You can imagine w much writing it takes just to ep them going! Yet two big questions be-vil nearly every would-be writer: "Am I really ıalified?" and "How can I get started?"



Our students learn where to sell their writing with our exclusive publishers' lists.

"Am I really qualified?"

ıis is our definition of a "qualified person": s someone with an aptitude for writing who ın take constructive criticism, learn from it, ıd turn it into a professional performance. ıat's the only kind of person we're looking for. The reasons are simple: Our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.


This old mansion deep in the Connecticut woods has been the home of this workshop for new writers since 1969.

Learn one-to-one with your own instructor

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own books, I spend my time at The Institute of Children's Literature, a workshop for new writers that does one thing and does it better than any other educational institution I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

Learn at your own pace

When you're ready—at your own time and your own pace—you send your assignment to me and I read it and I reread it to get everything out of it you've put into it.

Then I edit your assignment with a red pencil just the way a publishing house editor would—if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull with each assignment. You push and I pull and between us both, you learn to write.

"Now...I am a writer!"

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many students break into print even before they finish the Course. We receive hundreds of letters like these from students: "Before taking your Course, the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, OR. "My first sale, to *National Catholic Weekly*, was a Course lesson. Then I sent another Course assignment to a writer's competition and won first prize of $400!"

"My instructor's advice was invaluable in plotting, character, motivation, and dialogue. I am most grateful for her personal interest. She helped me understand my own strengths and weaknesses and how to emphasize the first and remedy the second." Elizabeth Henley, New Cambria, MO.

Marilyn Day of Marissa, IL says, "Now I'm no longer a housewife, I am a *writer!*"

And Mary Carruth, Dublin, CA, writes, "I sent out my first article with a prayer and it was accepted. Your Course, with its structure and support, has been everything I hoped for."

"When I started, I did not really think I had the ability," writes Sister M. Laetitia Mudde, West Haven, CT. "But my instructor made me believe in myself."•

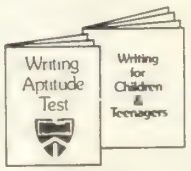
I have a file full of similar letters: People like yourself so full of pride they could easily convince you that it is a pity more people don't take up writing for children.

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To find men and women with an aptitude for writing, our Faculty and Consultants have prepared a four-page Writing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you.

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Dear Mr. Tresselt: I am interested in your program to help new writers get started. Please send your free Writing Aptitude Test and 28-page brochure. I understand I am under no obligation whatever and no salesman will visit.

Mr. Mrs. Ms. Miss BE 8

Please circle one and print name clearly

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Connecticut Commissioner of Education

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ın Tresselt was Vice President and Executive Editor of Parents' agazine Press, the first editor of *Humpty Dumpty's Magazine r Children*, and a board member of the Author's Guild. His books for young readers have sold over two million copies.

EASY AS 1-2-3

SUPER QUICK MEALS

A legendary sandwich, a light spinach soup and a savory coleslaw. By Jan T. Hazard, Associate Food Editor



CABBAGE SAVVY

When buying cabbage, look for solid, heavy heads. Leftover halves or quarters keep for a long time in a plastic bag in the fridge (cut off brown parts). Use shredded cabbage in salads, soups and stews. For best flavor and aroma, don't overcook.

Vittorio Sacco

PHILLY CHEESE STEAKS

It's the sandwich that made Philadelphia famous! One bite and you'll know why.

Preheat oven to 350°F. In medium skillet melt 2 tablespoons butter or margarine. Add 4 medium onions, sliced thin, and saute 5 minutes. Add 1 red or green pepper, cut into strips. Cook vegetables until onions are browned, about 5 minutes more, stirring occasionally.

Slice 4 hero rolls horizontally. Wrap in foil and heat in oven.

With meat mallet, pound 1¼ pounds beef cube steaks (4 steaks) between 2 sheets of wax paper. Remove wax paper and season steaks with 1 teaspoon salt and ½ teaspoon pepper. In skillet heat 1 tablespoon salad oil. Brown steaks 1 minute on each side. Remove rolls from oven. Tuck 1 steak, 1 slice provolone cheese and some of the onions and peppers into each heated roll. Slice sandwiches in half crosswise if desired, and serve.

SPINACH-EGG SOUP

This delicate pastina-flecked soup is sure to become one of your family's favorites.

In medium saucepan combine 2 cans (13¾ or 14½ oz. each) chicken broth and 1 package (10 oz.) frozen chopped spinach. Bring to a boil. Add 2 tablespoons pastina (small star-shaped pasta). Reduce heat and simmer covered 5 minutes. Stir in 1 beaten egg and 2 tablespoons grated Parmesan cheese. Serve immediately.

SHORT-ORDER SLAW

Shred the cabbage in the food processor, and this tasty salad is ready in a flash.

In medium bowl combine 2 tablespoons mayonnaise, 2 tablespoons sour cream, 1½ teaspoons cider vinegar, ½ teaspoon sugar, ⅛ teaspoon salt and ⅛ teaspoon pepper. Add ½ small head green cabbage, shredded (about 3 cups), ½ cup thinly sliced green onions and 1 teaspoon celery seed. Toss until well coated, and serve.



The almonds will excite you. The taste will delight you.

You'll know in one bite why we call this new cereal Almond Delight®.

Delightfully crunchy wheat-rice flakes start the delicious surprise. And the real almond bits and slices with just a touch of brown sugar—ahhh, that's what makes it delightful.

Come on! Add a little excitement to your morning and try a bite of new Almond Delight brand cereal.

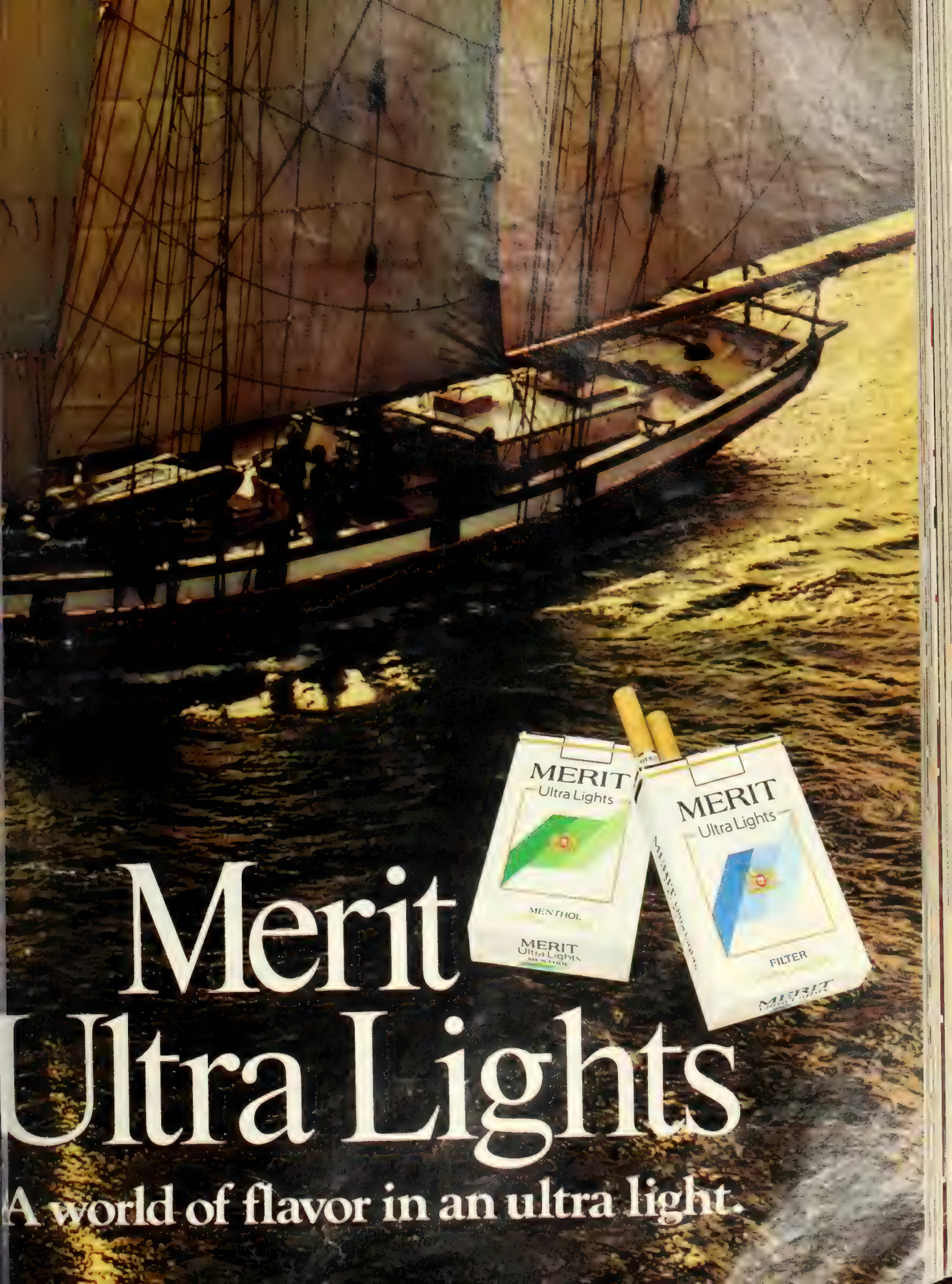
We just know you'll go nuts over the uniquely delightful taste.

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HOW YOU CAN LOOK AND FEEL YOUNGER

Americans are now living longer than ever before. For women, the average life expectancy is 78.3 and still rising; for men, it's 71.1

Yet most of us are afraid of aging. On birthdays, we kid each other gently, sympathetically, about growing old. Before we're out of our twenties, we begin to feel that as each year passes, we've lost a little something. Part of the problem is that we have such negative images of old age—unnecessarily negative, as it turns out.

Did you know . . .
A way to live longer, scientists say, might be to eat as much as you want one day, fast the next.

What do we really lose as we lose our youth? Can we stay young longer? To find the answer to these questions and others, we interviewed scientists who have been studying aging. Most are connected with the National Institute on Aging's Gerontology Research Center (GRC), in Baltimore, Maryland, where the BLSA—the ground-breaking Baltimore Longitudinal Study of Aging—has been in progress since 1958.

Did you know . . .
Personality doesn't change with age. If you are energetic and a risk-taker at thirty, you'll be the same at eighty, too.

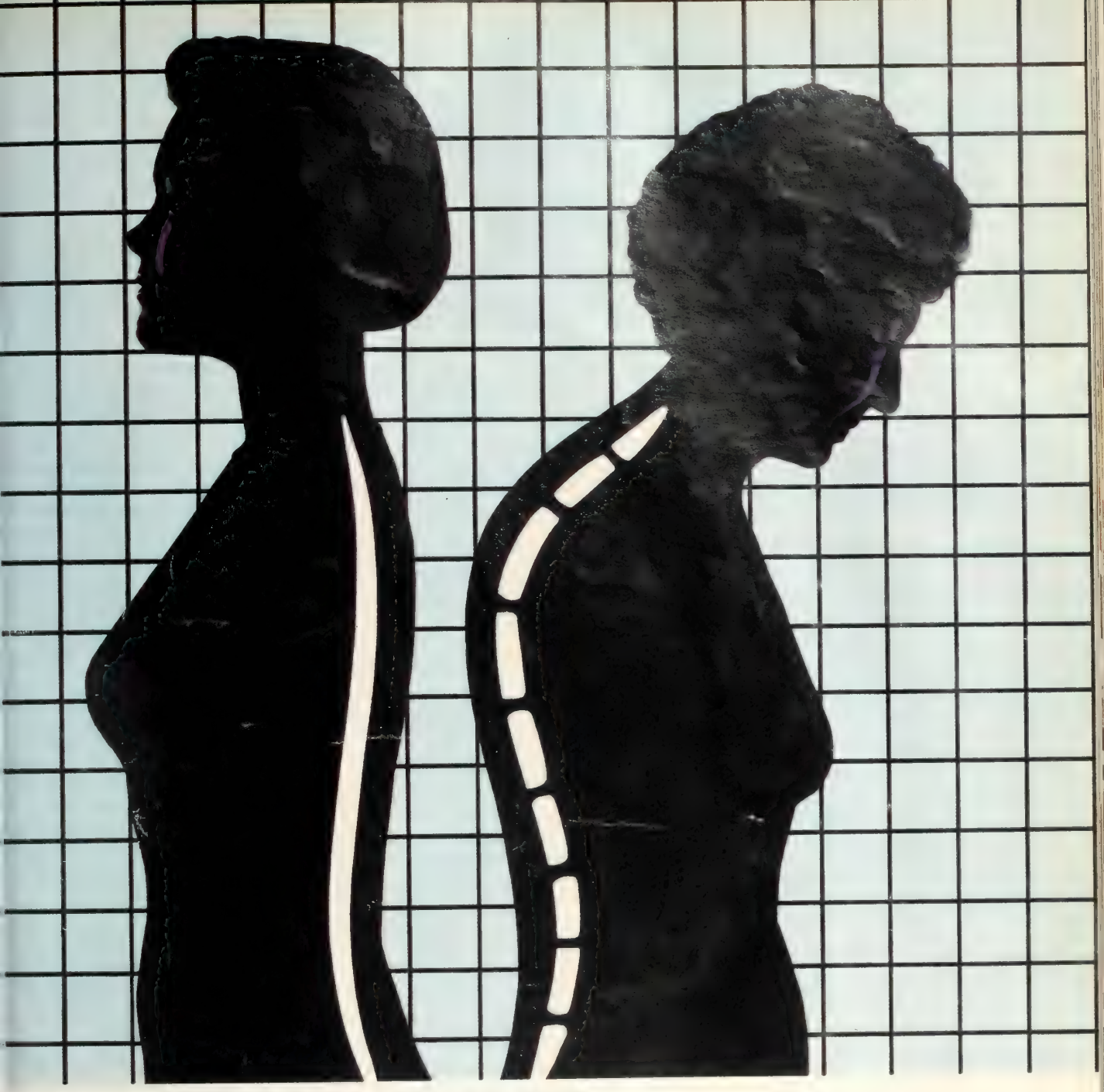
Today, about 160 scientists are involved in this project, working with more than a thousand volunteers—roughly 400 women and 600 men—ranging in age from the early twenties to the late nineties. The volunteers (most of them recruited by other volunteers) come to Baltimore once every two years for several days of testing, so the scientists can record changes in their physical and mental abilities. From this data, the researchers are assembling a picture of what normal, healthy aging is really like.

What's so special about the BLSA? Most important is the fact that the studies are carried out on healthy volunteers who are active in their communities. In the past, much research on aging was done on old people in hospitals or nursing homes, and often, *(continued)*

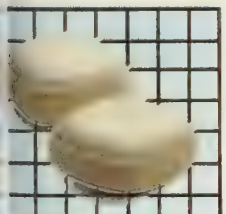
Did you know . . .
No one ever died of old age—people die from diseases.



Cameron Wasson



VILL A LACK OF CALCIUM)O THIS TO YOU OVER THE YEARS?



2 soft vanilla plical squares contain 1200 mg of calcium.

Today, 8 out of 10 women don't get enough calcium in their diets. And with time, that could lead to osteoporosis and its distressing consequences—weak, brittle bones and stooped posture.

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plical can help replace the calcium the years take away, helps keep bones ong, straight and healthy. Start taking Suplical today. It's never too early...and never too late. For more information call 1-800-S-T-A-Y-F-I-T.



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Soft calcium for strong bones™

it confused the effects of aging with the effects of disease. BLSA scientists believe that while there's no question that the old have more health problems than the young, the process of aging itself is a surprisingly gentle one. They've assembled some fascinating facts—good and bad, but mostly good—about what it's really like to grow old, as well as solid information about how you can keep your youthful energy well past your eightieth birthday. (Since women were not added to the study until 1978, some of the following is based on data on men.)

What will your body be like at eighty? Scientists at the BLSA say you will

Did you know . . .
Mental abilities, like physical abilities, decline very slowly.

undergo various changes. For instance: Your heart will have changed somewhat. The heart wall will be thicker than it once was, and the ventricles will fill more slowly. However, your body will have compensated: The heart will have become bigger, so it can pump more blood with each stroke. In fact, if it doesn't pump almost as well at eighty as it did when you were thirty, you may have the beginnings of heart disease.

If you've never smoked, your lungs are about 10 percent less effective than they were when you were thirty. The result: You can't take in quite as much air per breath or breathe as fast as you used to. If you're a smoker—assuming you've survived to the age of eighty—your lungs will probably be working half as well as they did at thirty. However, if a person quits smoking before permanent damage is done, lung function returns to normal within eighteen to twenty-four months.

Did you know . . .
There *is* a slowing of the sexual response with age, yet more than 78 percent of the older women surveyed said that they still enjoyed an active sex life.

Your senses aren't quite what they were, but the changes have been so gradual, you have hardly noticed. You're farsighted now—almost a universal change with age. Your eyes adjust more slowly to sudden darkness or glare; you can't see as well in low light, and you're not as good at picking out fine detail on moving objects.

You also don't hear as well because you've gradually lost the ability to discern higher frequencies. (You'll notice this in a crowded room, when background noise makes it difficult to understand what others are saying.)

At eighty, you have fewer taste buds, too (sweet foods won't be quite as sweet, salty foods as salty), and your sense of smell is less acute.

Though you've also lost brain cells

Did you know . . .
If you've never smoked, your lungs are only 10 percent less effective when you're eighty than they were when you were thirty.

over the years, new research suggests that in at least one part of your brain cortex, dendrites (the trailing extensions of brain cells that receive messages from other cells) have actually continued to grow. In fact, some scientists are now suggesting there may be more growth than shrinkage in the normal aging brain, and they are hoping to use this information to help conquer some of the debilitating effects of various diseases, including Alzheimer's, a common form of senility.

Unfortunately, your immune system no longer works as well as it used to: You're more vulnerable to various diseases if you didn't take care of yourself when you were younger. (See "A Healthy Old Age," page 140.) Similarly, your bones are not as strong as they

Did you know . . .
Some scientists now believe that brain cells continue to grow, not diminish, as we age.

once were, and your joints aren't as flexible. Both men and women begin losing bone around the age of forty, but women lose it at an accelerated rate for the first ten or fifteen years after menopause. There's no way to prevent this loss entirely, but many scientists believe you may be able to slow it down with exercise and diet so you don't develop osteoporosis, a softening of the bone tissue. (One out of four women is or will be afflicted with this disease.)

Since middle age, you've been losing muscle mass, partly because you've lost muscle cells, but also because you probably haven't been using your muscles as much as you did when you were younger. If you have maintained a steady level of physical activity, however, your muscles are probably still working well.

At eighty, you've lost an inch or so of height, but everyone shrinks with age, as the spongy connective tissue in the spinal column loses its elasticity and gets packed down. Again, the change is so gradual that you probably haven't noticed it.

Since older bodies need fewer calories to maintain the same weight, yo will gain weight if you are eating a much as you used to. But even if you weight hasn't changed an ounce sin you were twenty, you now have more f cells and less lean tissue. Do you loo heavier? Not if you've followed the e perts' Rx for keeping fit.

A word of caution: Not every old body is as healthy as the one we've ju described. If you test the physical ar mental abilities of two twenty-year-o women, they're apt to be similar. Bu run the same tests on two healthy se enty-year-olds, BLSA scientists sa

Did you know . . .
Senility is a disease—not a normal result of aging.

and you'll find vast differences. Wh accounts for these variations? Heredi to be sure, but more important, the r searchers note, is lifestyle—commo sense things such as physical fitness.

Here's why: Physical and ment abilities don't stay the same whi you're young and middle-aged, only deteriorate rapidly once you're ol Nathan W. Shock, Ph.D., who spea headed the Baltimore study and is no a scientist emeritus at GRC, explai that since most changes occur over mar years, they shouldn't interfere with no mal daily living. The important point remember, he says, is that you can im prove your physical and mental fitness any age by continuing to engage often the activities you enjoy. Experts agr that the abilities you lose are the on you're not really using.

Did you know . . .
Contrary to what most people think, only 8 percent of those seventy-five to eighty-four today are in nursing homes.

Though we joke about senility, abo losing our memory in old age, many of are terrified it will happen. These fac should reassure you:

- Senility, or dementia, is a disease, n the result of normal aging. Only 2.5 to percent of those over sixty-five reach point at which they can no longer fun tion mentally; 10 percent more develop mild form of dementia.
- Mental abilities, like physical abi ties, decline *very* gradually, says ps chologist Paul T. Costa, Jr., Ph.D., the GRC. Most people notice no chang until they're about seventy, and eve then, none that seriously interfe with daily life.
- After seventy, many people find the short-term memory isn't as good as was. This is a nuisance when you ha tasks that *(continued on page 13*

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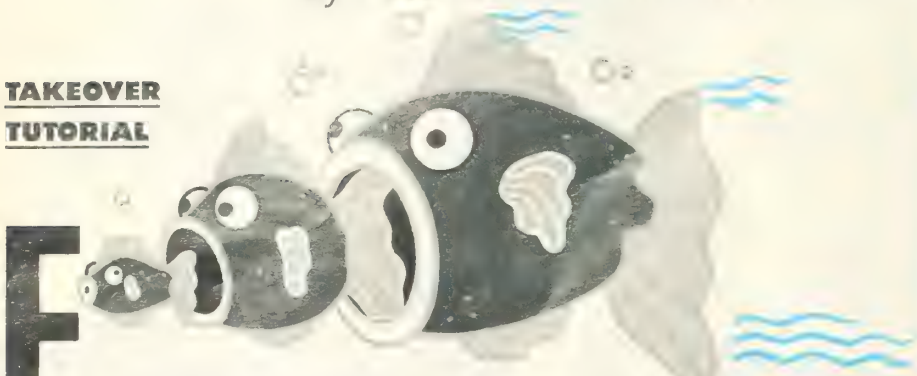
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MONEY NEWS

Up-to-the-minute advice to help you manage your money
By Katherine Barrett and Richard Greene

TAKEOVER TUTORIAL



Few events stir more excitement among investors than corporate takeovers; in a few weeks the news that another firm intends to buy a company can cause the price of its stock to skyrocket. That's why it's important for investors to play their cards right in such a situation.

The first you'll hear about a takeover will probably be rumors—from your broker, the press or the TV news—which are generally accompanied by an otherwise inexplicable rise in the price of the stock. At this point it's important to "stay alert and take in as much information as you can," says Robert Swadosh, senior vice-president of Georgeson & Co., an investor relations consulting firm. Try to determine whether the rumors are true. If you think they are, hold on to the stock for a while. Otherwise, sell, and take the profit the rumors have created.

If the rumors were correct, in time there will be a formal announcement in the business press—a tender offer. It's probably wise to follow *The Wall Street Journal* during this period, so you won't miss any important news.

But a tender offer doesn't end the excitement. Frequently the first bid on a company isn't the last. The potential acquirer might raise its price or get into a bidding war with another firm before the company is bought. Or the deal could fall through, and the price of the stock could plummet.

THE ART OF COMPLAINING

If you're still waiting for a mail-orde Christmas present to arrive or fum ing about a new vacuum cleane that doesn't work, the seventeen page booklet *How to Write a Wrong* may offer some solutions.

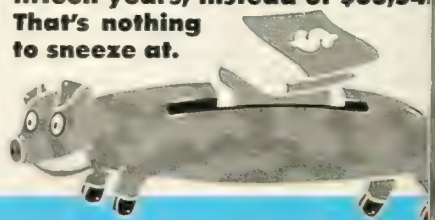
According to the booklet, it is es sential to act fast—before guaran tee deadlines pass. You shoul also put your complaint in writing so that there is a clear record c what happened, and keep copie of all correspondence. Always con tact the company directly befor seeking outside consumer help.

For a copy of *How to Write Wrong*, send fifty cents to the Cor sumer Information Center, Dep 461N, Pueblo, CO 81009.

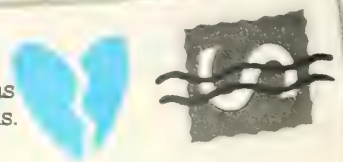
STRETCHING IRA DOLLARS

For the first few years that IRA were widely available, most i vestors deposited their money ju weeks before the April 15 deadlin Today, according to Bruce D. Beh ing, president of the Strong Fund in Milwaukee, "More and more the smart-money people start fun ing the IRA as soon as they can. That means January 1, 1986, fo tax returns that won't actuall be due until April 15, 1987.

The reason for this is reall quite simple. When money is d posited in an IRA earlier, the re turn on the money compounds, ta free, for a longer period. Assun ing a 10 percent compounded rat of return, an investor who put i her $2,000 annual contribution o January 1 each year, instead April 15 of the following yea would wind up with $71,872 aft fifteen years, instead of $63,54 That's nothing to sneeze at.



Q HELPLINE!



After five years my former husband has suddenly stopped sending me child-support checks. I can't afford an attorney. What do I do?

A Unfortunately, you're not alone. Only 51 percent of child-support payments are made in full, and 24 percent aren't paid at all, according to census statistics. But there is help. Parents Without Partners has a toll-free number for people who are having child-support problems. The number is 800-638-8078 (in Maryland, call 301-654-8850).

There are various ways to get results, depending on the individual situation and the steps the parent has already taken, says Ginnie Nuta, the organization's public affairs director. "Once we talk to someone we can find out what exactly is needed. We can refer callers to local groups or state government, and we can explain how the system is structured."

In addition, Parents Without Partners coordinates a network of local advocacy groups and offers help to people who want to start new groups.

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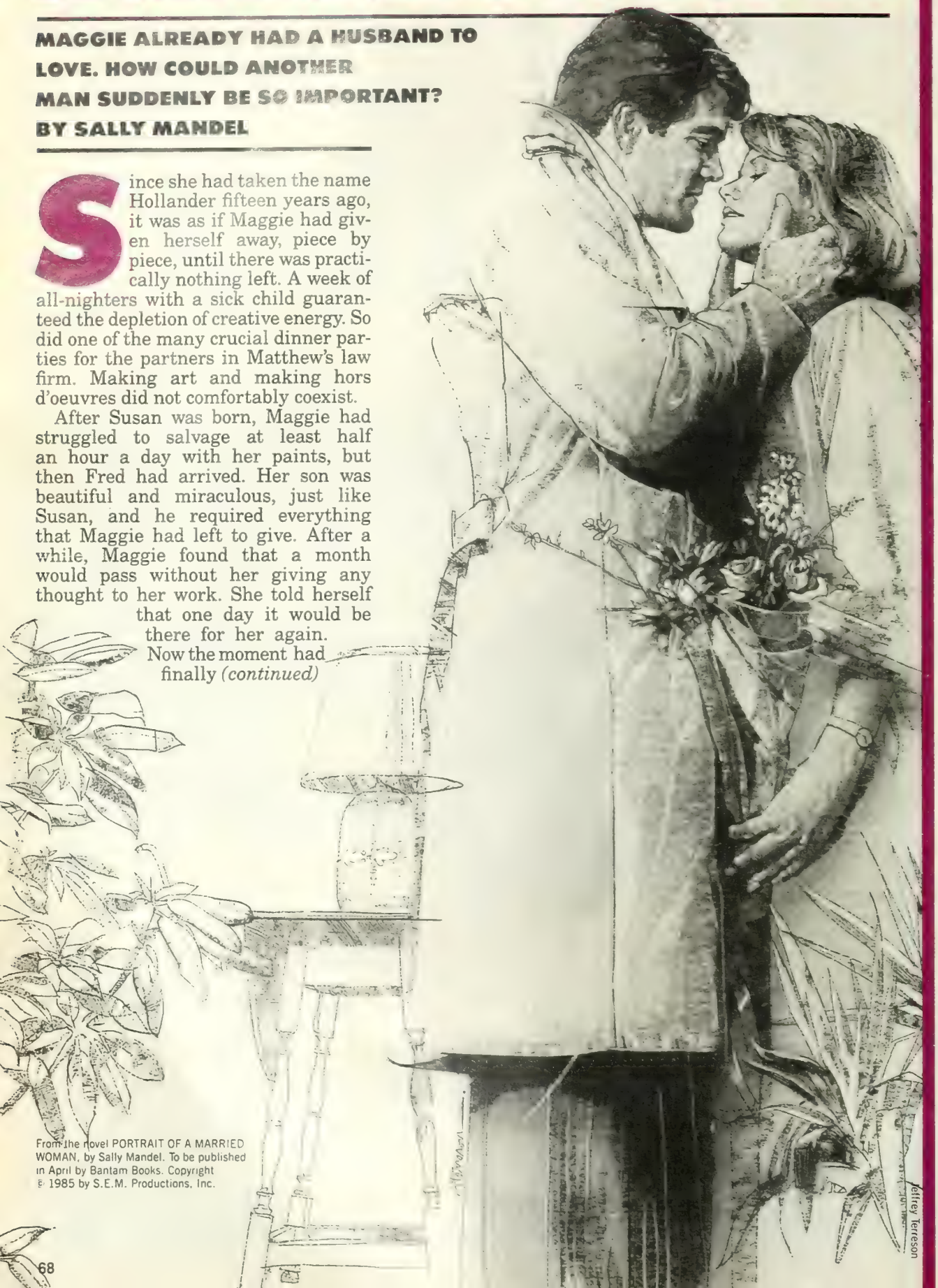
A MARRIED WOMAN

MAGGIE ALREADY HAD A HUSBAND TO LOVE. HOW COULD ANOTHER MAN SUDDENLY BE SO IMPORTANT?

BY SALLY MANDEL

Since she had taken the name Hollander fifteen years ago, it was as if Maggie had given herself away, piece by piece, until there was practically nothing left. A week of all-nighters with a sick child guaranteed the depletion of creative energy. So did one of the many crucial dinner parties for the partners in Matthew's law firm. Making art and making hors d'oeuvres did not comfortably coexist.

After Susan was born, Maggie had struggled to salvage at least half an hour a day with her paints, but then Fred had arrived. Her son was beautiful and miraculous, just like Susan, and he required everything that Maggie had left to give. After a while, Maggie found that a month would pass without her giving any thought to her work. She told herself that one day it would be there for her again. Now the moment had finally *(continued)*



Jeffrey Terreson

From the novel PORTRAIT OF A MARRIED WOMAN, by Sally Mandel. To be published in April by Bantam Books. Copyright © 1985 by S.E.M. Productions, Inc.



arrived, and she was terrified that it could all be gone.

The art studio was in an old gray building on Central Park West. Maggie arrived early; only the instructor and a student were there.

"They told me we had a new one. I'm glad to see you." The instructor gestured toward the man perched on the window seat. "That's David Golden, a sculptor, actually." The man nodded. "Perhaps David can fill you in on last week's class. This is Mrs. Hollander."

As the instructor began busying herself with easels, David Golden stared at Maggie out of an angular face with fierce blue eyes. He could have been anywhere from thirty-five to fifty.

"How old are you?" Maggie asked and then blinked with surprise at herself. "It's none of my business, of course."

"Forty-four," he said.

"I'm thirty-eight," Maggie said vaguely. The man was smiling.

Soon the class filled up, and a model, nude, took her place in the center. She was slight but had an exquisite body. Soft, shiny black hair fell to the middle of her spine. Maggie wondered if David Golden found the girl beautiful.

Maggie picked up her charcoal and, once or twice during the next hour, felt the old sensation of power come back, the heady invincibility of creating images on paper. Then she became aware of David Golden standing beside her. He was so close that she could feel his breath on her ear. If she were to turn her head, their mouths would be level. As if she could see out of the side of her head, she was acutely conscious of his jeans, his soft sweatshirt. He had the face of a prophet or a maniac—she could not decide which.

David reached toward her picture with a long blunt finger and ran it along the shoulder. "Nice. You're very good." His arm brushed Maggie's.

Matthew Hollander was still out when Maggie came home. Fred was asleep, and Susan was still up, reading in bed. When the phone rang, Maggie assumed it was Matthew.

"Hi," she said into the phone.

"Hello. This is David Golden, from your drawing class."

Stupefied, Maggie answered, "Oh, hello!" in an overly hearty voice, as if he were some dear friend who had materialized after a long absence.

"I neglected my responsibilities tonight. I was to fill you in on the first class. Can I see you?"

She struggled for words. At last she answered, "I don't seem to know what to say to you."

"Well, as I see it, you've got two choices. Yes or no."

"I appreciate the offer. It's very kind of you. But I think no." She hated the sound of her voice.

"Okay. See you next week, then." He did not say good-bye.

Minutes later, the phone rang again.

"Hello?"

"Hi, Mags." It was Matthew. Her heart stopped crashing around in her midriff. "Be home in an hour."

She was surprised at her disappointment, but, then, she comforted herself, Matthew had not even remembered to ask her about class. He was well aware of her ferocious anxiety. When Matthew was worried about a problem at the office, Maggie always thought to ask how it all turned out, letting him know she was concerned with his emotional comfort. Obviously, her preoccupations did not carry the same weight with Matthew.

Maggie had fallen asleep by the time he arrived hor She woke the next morning feeling angry. She glared Matthew during breakfast, waiting for him to ask her abo her class. Instead, all he said was that he'd call her to let h know whether he'd be home for dinner. But Maggie knew would most likely forget to call, and she hated to phone h at the office. His voice always sounded like a tape-record message, or else she was put on hold.

He was almost out the kitchen door when Susan stomp in and inquired sleepily, "How'd it go last night, Mom?"

"Oh, yes, how was it?" Matthew asked from the doorwa

"It was fine," Maggie said, looking at Susan.

"I expect to hear all about it tonight," Matthew called his way out.

"You expect," Maggie echoed. Then she busied hers with the children's breakfasts and tried to stop hearing t words: Can I see you?

She was due at art class in less than half an ho Maggie pulled on a pair of old corduroy jeans an cotton sweater and dashed to the front door. Cat ing a glimpse of herself in the hall mirror, she laughed the flushed, youthful woman she saw there. The ima reminded her of herself, nearly twenty years ago, brea lessly running back and forth from Radcliffe to Harvard, the days when she'd first met Matthew. She was still as s as she had been then, and she had the same wide smile.

"CAN I SEE YOU?" ASKED DAVID. SHE STRUGGLED FOR WORDS. "I DON'T SEEM TO KNOW WHAT TO SAY TO YOU." "AS I SEE IT," HE SAID, "YOU'VE GOT TWO CHOICES. YES OR NO."

By the time Maggie rushed into the studio, class h begun. Maggie caught her breath with gratitude when s saw the empty easel beside David's. She took her place a waited for him to say hello, but he only studied her quie

"I'm sorry I was such a fool on the telephone," Mag said. Then she laughed. "Oh, God, I'm doing it again." just continued watching her with a half smile. "Help out, will you? Say something."

"All right." He paused. "I like the way you look."

"That wasn't exactly the kind of thing I meant."

At the end of class, the instructor inspected Magg work, made a comment about tension and suggested so exercises in quick line drawing to loosen her up. Wh Maggie turned around, the model had dressed and Da was gone.

Maggie tried not to hurry as she left the studio, but wh she finally saw him on Central Park West more than a bl away, she started running. A voice in her head sang: W are you doing? What are you doing? But it was easy ignore under the rasping noise of her breathing.

"David!" She called as she caught up with him. He sp around and reached out with both hands to steady her. " me buy you coffee," she said.

"All right."

"I'm a very reserved person," she explained, panting.

They laughed and began walking toward Columbus A nue. After a moment he said, "Your art's not reserved."

That's different."
Shouldn't be."
You're right," she said. "It shouldn't."
Moments later, in unison, they both said, "You are what
paint," and immediately stopped dead in their tracks.
Maggie whispered, almost dismayed, "Does this often
pen to you?"
No."
What's going on?"
He shook his head and drew her arm through his.
How long has it been since you worked?" David asked,
er they had settled into a booth at the coffee shop.
Years. Too many years. I started as a kid. I was making
tures before I had words. I think it was my way of feeling
e, somehow."
I sculpt for the opposite reason. It's a wild exploration,
l there can be no preconceived notions about how it's
ng to come out. Allowing the inconceivable to happen,
t's the thing. Sometimes it means being very brave. Do
know what I mean?"
She nodded.
Tell me about your husband."
A fly did a little hopping dance on the sugar bowl. "He's a
e man. A lawyer. Good at what he does, very ethical. We
e two wonderful children—twelve and thirteen." The
nd of the word *we* reverberated in Maggie's head. David
s listening to it, too. She saw the sudden pain in his face.
David took her hand, flattened her fingers against the
le and traced them on the cool marble surface. "Let me
you tomorrow."
No. I don't know." She wanted to kiss his mouth.
Go ahead," he said.
She looked at him, astonished. "I don't know how you do
t. It's an invasion of privacy."
Let me call you."
Maggie examined the check dropped on their table, put
ne money beside her saucer and stood up.
Look, I'm getting into a cab," she said outside in a
mbling voice. "Just walk away from me now. Please."
He put his hand against her cheek for a moment and then
lked off.

Fred looked pale and solemn at the bedroom door.
"Mom, can I come in?"
"What's the matter, honey?"
I've got stage fright for Susan."
Don't worry. She was great last time and she'll be great
night."
Our Town had made such a hit in March that a special
d-of-school performance had been scheduled.
Matthew emerged from the bathroom wearing a towel
ound his waist. "You've got two different color socks on,
ederick."
Leave it to you to notice, Dad," Fred said. The door
cked shut behind him.
Just exercising my acute powers of observation. Maybe
should all go out somewhere afterward to celebrate."
atthew shed the towel and slipped into his underwear. His
hletic body appeared almost exactly as it had eighteen
ars ago.
You're feeling festive."
He grabbed Maggie's shoulders and wrestled her to the
d. "My daughter's a star. Shouldn't I feel festive?"
Cut it out, Matt, you're hurting me."
He rolled her over on her stomach and pinned her arms
hind her back. "Gotcha," he exulted.
I've told you I don't like being manhandled,"*(continued)*

GUESS.

What new detergent whitens clothes without the worry of liquid bleach?



Important New Vitamin Facts
from an Independent Hospital Survey:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

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aggie murmured with her face pressed into the mattress. Matthew whacked her rear end playfully and stood up. He ghed. "I don't know. You used to be a good sport."

While Matthew's back was turned, she plucked her thes from the closet and slipped into the bathroom. It was ll warm and steamy from Matthew's shower. Her slip ick to her thighs, but at least she was alone.

There was a time when Maggie was able to laugh at atthew's roughhousing, even enjoy the tumbling and play- wrestling. But lately she had begun to feel like prey, ver knowing when Matthew might spring from behind a set door to grab her bottom. She thought of David lden's hand, gentle against her cheek, and suddenly be- n to cry in deep, twisting gasps.

An hour later they were seated in the school auditorium, d the houselights were dimmed. Maggie's heart began to under. She grasped Fred's hand, which was as cold as her n. Moments later, Susan appeared alone on stage, wear- g a felt hat and carrying a pipe. She walked slowly, com- tably, like a man taking a stroll on a Sunday evening.

"This play is called *Our Town*," she began in her practiced w England accent. "It was written by Thornton Wilder . . ."

Maggie let out a long breath and settled down to enjoy the rformance.

The Stage Manager was making a speech about mar- ge, about the natural urge to live life "two-by-two." But s it so natural? Wasn't marriage an artificial alliance, ding two incompatible species together in something tly termed wedlock?

Maggie glanced at Matthew, sitting in the next chair. He s scribbling on a small pad: Ferris v. Smith, 1978, fol- ved by three question marks.

After ten minutes in Zabar's, Maggie always found herself sailing into a kind of trance. So much food, so many people. She had been lingering over the ffed veal when she felt a hand on her bare arm. She ned and blinked into David Golden's delighted face.

"What are you doing over here?"

"My kids are going to camp this weekend. I'm loading up favorite things."

"I'll help you. Then you can come see my place. You're ly a few blocks away."

Maggie caught sight of her reflection in the meat-counter ass. "All right."

On their way down Broadway, David held one shopping g and she the other. Their unhampered arms were linked. aggie thought briefly about being recognized and dis- ssed it. She was too giddy to care.

"I hope you appreciate my self-control," David was saying. haven't called you."

"I noticed."

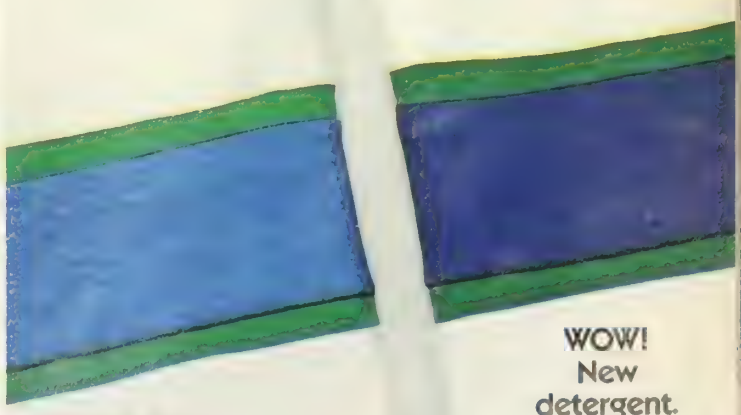
"I hoped you'd be pleased."

"Disappointed. Grateful." Maggie could not identify what was in David that made her feel so outrageously free.

He lived in a once-elegant fifth-story walk-up. Maggie's lse thumped as they stood in front of his door. She told rself she could still turn and walk back down, but instead e watched David's hand—long, muscular fingers—un- cking the door.

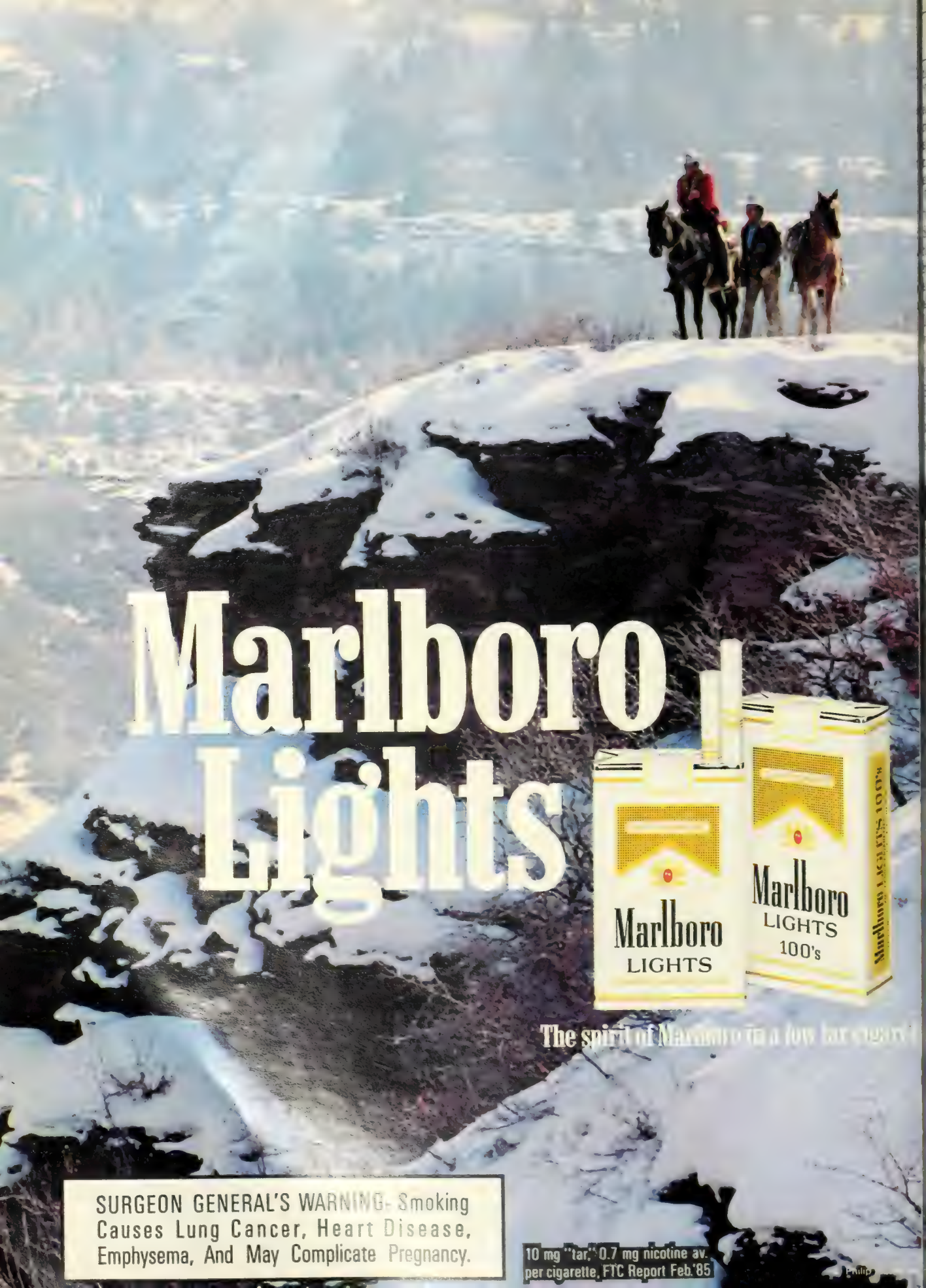
At last the key turned, and he ushered her inside. Part of e room was a living area. There was a chair and a reading ght, and against the wall was a built-in kitchen. A mat- ess lay on the floor. Maggie averted her eyes, but not fore she had seen that the bed was unmade. The rest of e room was given over to David's completed work. aggie and David moved among the pieces *(continued)*

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WOW!
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Philip

ile he introduced each one as if it were a friend.
"This," he said, caressing the surface of a white, lustrous ce, "is very recent." And Maggie understood that the rk had something to do with her. She examined it curisly. It was pear-shaped, with a voluptuous rounded botn. Out of the top, the suggestion of a curved shaft apared and disappeared into space.
"What's it made of?" she asked.
"Carrara marble. I did it after we had coffee."
She knew he was going to kiss her. She stiffened, but his uth was so tender, so gently inquisitive, that she found rself responding. He held her for a long time. She could l the tension and power in him, and yet he was tender. He elled of marble dust.
Leaning back in his arms then, she said, "I guess I don't ve to tell you that I don't usually act this way."
"I wish you wouldn't apologize."
"I wasn't."
He unzipped the front of her dress and slipped the straps her shoulders. So gentle, his mouth and hands were like tterflies against her skin. He was a magician, drawing e with the lightest touch.

When Maggie stepped out onto West End Avenue and stood blinking on the sidewalk, she could not stop grinning. She had experienced David Golden, l life would never be quite the same.
It was not until she was back on the East Side and in the vator that she wondered what she would say to Matthew d the children. She was nearly forty-five minutes late eady. She could say that she had run into someone from r art class, started talking and time had just flown away. was not a lie; it was a monumental lie. Maggie had always garded herself as truthful, and yet David had made her ilize that she had spent decades lying to herself.
She put the key in the door and took a deep breath. "I'm me!" she called.
"Bout time," Susan yelled back.
Maggie walked into the kitchen and began unpacking the opping bags. Matthew appeared, looking rumpled, as if he d been asleep. She felt a sudden rush of affection for him. e wanted to tell him. He was practically her oldest friend, er all.
During dinner, Fred asked her why she was so quiet.
"I'm thinking about you kids being away for eight weeks," e lied.
"Well, you don't look very depressed about it," he comined. "I haven't seen you this happy since the time Dad n the squash tournament."
And a few nights later, after the kids had left for mp Poqomashee, Maggie lay in bed, not depressed and iely as she ordinarily would have been, but trembling th a sense of excitement. Susan and Fred were gone, they re safe, and she was free. And best of all, David existed a ere half mile away, on the other side of the park.

For the sixth time, Matthew slammed the ball and lost the point. "Damn it," he muttered, and swiped at his sweaty forehead. Jack Foreman gave him an odd look. the ten years the men had played together, Jack had er seen a display of temper by Matthew Hollander.
Matthew stood under the hot shower for a long time, ring to ease the pressure in his head. For no apparent ason, everything had seemed out of whack for weeks. At e office, at home and now on the squash court. There was thing he could point his finger at and say, "That's it." But mething was wrong. What? The *(continued on page 132)*

TA-DA!
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PET NEWS

The benefits of dog training, clipping kitty's claws, canine health tips, and more. By Nina Keilin



OBEDIENCE TRAINING

Come wintertime, your dog may be bored and restless because he's been confined to the house. Perhaps he's even causing more trouble than usual by barking, chewing, or jumping on people. You can solve these problems by enrolling your dog in an obedience class, where he will get the exercise and the discipline he needs, says Nancy Strouss, owner of People Training for Dogs, in New York City.

Obedience training doesn't mean you use fear to get your dog to behave. Positive reinforcement—lots of praise—rather than punishment will get the dog to learn. Dogs are eager to perform for the reward of your praise. You'll enjoy the classes, too.

Any dog can benefit from learning the basic commands: sit, stay, down, heel and come. For example, when you tell a trained dog to heel, he will walk sedately at your side instead of pulling you down the street. "You'll also keep your pet safe," says Strouss. "You can call him if he's about to run into traffic, and you know that he'll respond."

Training works by teaching you to communicate with your dog and achieve a rapport. This will enable you to direct your dog to avoid nuisance behaviors. Your dog will also be calmer and therefore less likely to be a pest.

Your local humane society or Y may sponsor low-cost classes. Or ask your vet for a recommendation. A group class is best because your dog learns in the presence of distractions—other dogs. Beware of instructors who board your dog for training. It's important for you and your dog to learn as a team.

You can start formal classes when a dog is about four months old, but it's never too late to take a dog to school. "In fact, it can rejuvenate an older dog," says Strouss.

Don't give up if your dog does well in class but not at home. You must practice every day, even for ten minutes. Your dog will eventually get the idea.

CLIPPING CLAWS WITHOUT FEAR

Q My vet clipped my cat's claws during a routine examination. I'd like to be able to do it myself, but I'm afraid of hurting the cat. What's the best technique?

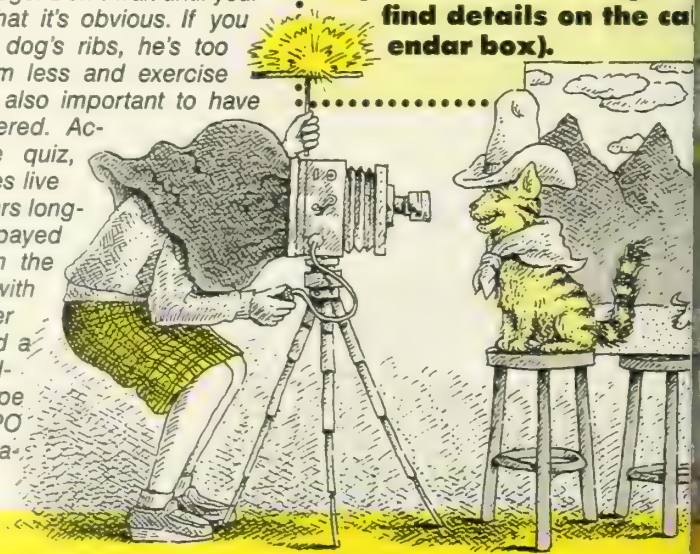
Clipping a cat's claws is quite painless and surprisingly easy to do. You need clip only the front paws to prevent damage to rugs and furniture. Buy a special cat nail clipper at a pet supply store. Hold the cat firmly in your lap. If he struggles a bit, enlist the aid of a family member. The cat must be held still (you will hurt him only if he moves suddenly). You can try waiting until your cat is sleepy. He'll be mo relaxed and willing to coopera Hold a paw and press the unders to release one claw. When the cl slides forward, slip the clipper o the claw and gently squeeze the h dle. You must avoid the quick, wh is quite visible when you have claw pressed forward. Proceed slo with the other claws, stroking y cat to keep him calm. The whole p cedure should take just a couple minutes. If your cat is still resisti cut only a couple of claws each until you've done them all. Rep clipping every two or three weeks.

RAISING DOGS RIGHT

Are you a responsible dog owner? Take the Gaines Canine Risk Factor Quiz and find out. Some of the things that earn you points: exercising your dog frequently, taking him for regular veterinary exams and feeding him a good diet appropriate for his age. "Dogs must watch their weight," says James Sokolowski, DVM, Ph.D., manager of the Gaines Nutrition Center. "Obesity can cause problems with hip joints and hind legs. Don't wait until your dog is so fat that it's obvious. If you can't feel your dog's ribs, he's too heavy. Feed him less and exercise him more." It's also important to have your dog neutered. According to the quiz, neutered canines live two to three years longer than nonspayed dogs. To obtain the free checklist with these and other health tips, send a stamped self-addressed envelope to Gaines Quiz, PO Box 4490, Kankakee, IL 60902.

A KITTY A DAY . . .

Cat lovers will adore th 1986 Page-a-Day 365 Cat Calendar (Workman, $7.95) It's filled with humorous tri via, quotes from famou cat lovers and pictures o fabulous felines. Added fun If your pet has star quality there's still time to enter hi photo in the contest for nex year's calendar (you' find details on the ca endar box).





Now. A nutritional breakthrough that can help you raise a healthier puppy.

INTRODUCING NEW, REFORMULATED PUPPY CHOW.

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That's why you should know about reformulated Puppy Chow® and puppy foods. This new formula promotes strong bone development and can help reduce the severity of Canine Hip Dysplasia, thereby increasing the health and happiness of your puppy.

"WHAT IS CANINE HIP DYSPLASIA?"

Canine Hip Dysplasia can be a serious health problem with symptoms similar to arthritis. Specifically, Canine Hip Dysplasia is the result of excessive looseness between the ball-and-socket joints in a dog's hips. The problem is more prevalent among larger breeds, but has been found in virtually all breeds.

"HOW DO I KNOW IF MY PUPPY HAS THIS DISORDER?"

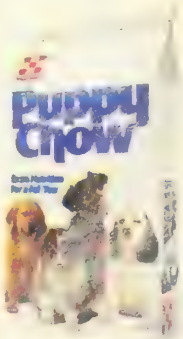
Normally the presence of Canine Hip Dysplasia can be diagnosed by a veterinarian at approximately two years of age. However, by then you will no longer have the ability to reduce its severity through dietary nutrition. But whether or not your puppy has the disorder, Purina® believes new Puppy Chow formula will provide the best nutritional assurance for good hip joint development.

"HOW LONG SHOULD I FEED PUPPY CHOW?"

Now you can feed new Puppy Chow puppy food and give your puppy the maximum nutritional benefit during his entire growth period, up to 24 months old. That's because new Puppy Chow is the only food known to be specially researched, tested and formulated to lessen the problem of Canine Hip Dysplasia. Ask your veterinarian to tell you more about Canine Hip Dysplasia and please be sure to have your pet vaccinated and checked regularly.

ONLY FROM PUPPY CHOW.

Puppy Chow has always been unsurpassed in providing the extra nutrition puppies need. More veterinarians recommend feeding Puppy Chow than any other puppy food. Now Puppy Chow can fulfill your puppy's extra nutritional requirements as well as reduce the potential problem of Canine Hip Dysplasia. We believe Puppy Chow to be the best food you can feed your puppy.



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Vittorio Sacco

After school it's always: 'I'm hungry, Mom.' So I give them a good, wholesome snack... SNICKERS."



My kids fly through the door after school and head straight for the pantry. It's SNICKERS® time. And that's O.K. SNICKERS Bar satisfies their hunger between meals. And it satisfies my desire to do right by them. Every SNICKERS is packed with fresh peanuts, peanut butter nougat, caramel and milk chocolate. And it's dated for freshness, so it doesn't need any preservatives. I like that. It feels good knowing that when my kids come home hungry, I can satisfy them with something that satisfies me. SNICKERS.

"Packed with peanuts, SNICKERS really satisfies."

CAPS OFF TO DOWNY!

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For concrete and measurable feats—the most cosmetics sold, the best golf score, the most flavorful chocolate cake—we win trophies. But what about the deeper, longer-lasting, more private achievements? On the following pages we salute women who have had the wisdom and stamina to create happier lives for themselves.

I CHANGED

Because January is the traditional time for turning a new leaf, we've rounded up the inspiring accounts of four ordinary women who are really very special. Each had the courage to take the risks and make the changes necessary to become the woman she had always dreamed of being. We hope their stories will encourage you to follow through with your own New Year's resolutions—however large or small.



Mark Pokempner



John Grossman/Black Star

IT'S NEVER TOO LATE

Too many women forget that age is just a number. There's no reason to act old when energy and enthusiasm are still waiting to be tapped

By Anne Clarke

Last year I let down my snowy-white hair and greeted my seventy-fifth year on earth by flying to Paris with my husband—and running a marathon. As I jogged along the Champs-Élysées, through the Bois de Boulogne and past the Eiffel Tower, I was awed by the sights and by the vast changes in my life brought about by my running.

I'd gotten plenty of publicity in the French press before the race. Who was this old lady running twenty-six miles with women who could be her granddaughters? I clipped every article so my son, who speaks French, could translate. One article said: "Some run for glory, some for medals, but Anne Clarke runs for eternal youth."

That line still *(continued on page 142)*

WHEN LESS IS MORE

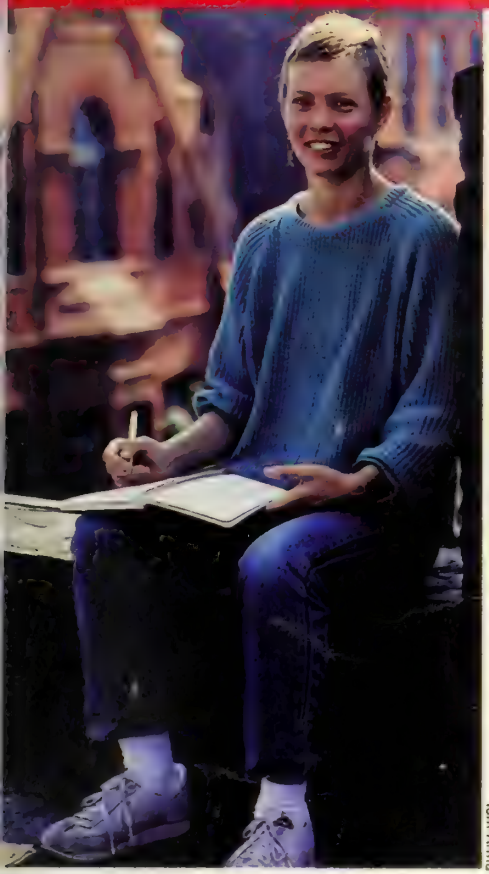
Many women feel trapped by a lifetime of habit. But the truth is that no behavior pattern, even the most ingrained, is irreversible

By Alice Lea Freeland

By the time I was forced to face the truth about myself, I was thirty-three and carried 295 pounds on my five-foot-nine-inch frame. The truth I finally faced was twofold: Yes, I loved food—I could eat anything and enjoy it thoroughly. But that's where the enjoyment stopped. Instead of being the stereotypical jovial fat person, I was miserable. What's more, I always blamed my problems and people's reactions to me on my weight. And because I was so unhappy, I tried to make everyone around me miserable as well. I was not friendly with my co-workers at the oil-equipment-manufacturing company where I was a bookkeeper. I felt that no one wanted to see beyond the fat.

Fortunately, I *(continued on page 144)*

MY LIFE



Tom Arma

THE NEED TO LEARN

When a woman defies financial adversity to acquire an education, she often discovers a multitude of teachers to guide and support her along the way

By Lisa Vice

I am sitting in a small red cabin at a writers' community in the Berkshires. For the first time in years, I have solitude and freedom from my responsibilities as a single mother. My daughter, Zoe, is away at camp, and I am alone with my typewriter and a ream of paper. "I'm a writer," I whisper, pushing aside the terror these words bring.

I've been reading the journals I kept for the last sixteen years and listening to the sad young voice that comes through the pages, the voice of a young woman trying to make sense of her struggle to survive and care for her daughter alone. For so many years, I was looking for a career I could put on like the new clothes I longed for, a way to make a living that *(continued on page 142)*



Tom Arma

AND A TIME TO DANCE

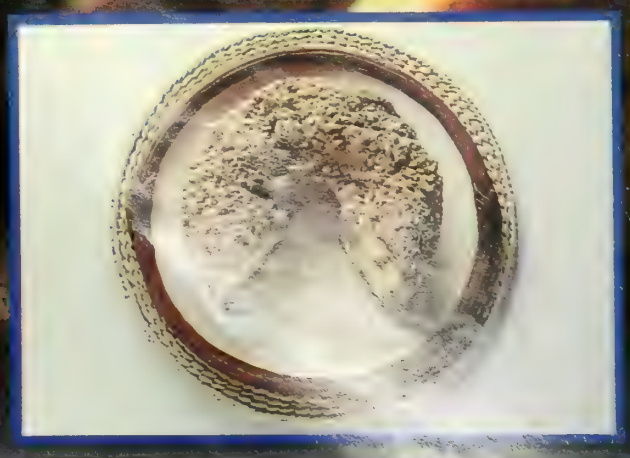
Life choices may seem irrevocable. But sometimes you can go back to that fork in the road and pursue the path not taken

By Sondra Forsyth Enos

On a crisp September Saturday in 1983—the kind of morning that makes fall seem full of promise and purpose—my eight-year-old daughter, Stacey, and I stood in the reception room of the Ohman School of Ballet, in Huntington, New York, waiting for her turn to register for classes. We had moved from Manhattan to this charming town on Long Island's North Shore only a month before that, and my husband, Clive, had teased me, saying I had purposely talked him into buying the house that was closest to the ballet studio. You see, I had studied ballet from childhood on, and although I went to college, I did manage to dance with a couple of small companies and to teach ballet *(continued on page 146)*

Homemade flavor and a fragrance as warming and welcome as a hug! These scrumptious breads—perfect for breakfast, brunch or coffee time—are sure to cheer away winter drear. Some are mix and bake, requiring no leavening; others use the new quick-rise yeast.

COMFORT BREADS



Streusel Coffee Cake



Oatmeal Cake

Try delectable pecan-filled Streusel Coffee Cake; heavenly rich Oatmeal Cake; luscious, light-as-air Chocolate Meringue Coffee Cake; citrus-y Orange Poppy Seed Tea Cake; walnut-studded Apricot Braid. Recipes for these and other sweet wintertime comforters begin on page 112.

Apricot Braid



Chocolate Meringue Coffee Cake



Orange Poppy Seed Tea Cake

Bathing beauty

HOW TO TAKE THE MOST BEAUTIFUL BATH . . . AND MAKE YOURS A MOST BEAUTIFUL BATHROOM. BY MARILYN DIANE GLASS, DECORATING & DESIGN EDITOR, AND LOIS JOY JOHNSON, BEAUTY & FASHION EDITOR



Coming clean is the least of it. What we have in mind is a soak that satisfies the soul as it smooths and silkens every inch of skin. That's a beauty bath! It helps if your surroundings are sybaritic (see pages 90 to 93 for sumptuous bathroom ideas to borrow). But almost any old tub can seem positively spa-like if you have the proper props on hand when you take the plunge: A bath tray to keep soap, shaving gear and scrubbers within easy reach. Something to sip . . . herbal tea or cocoa, even a glass of wine. A good read . . . LHJ or the latest hot novel. A bath pillow or headrest so that you can lean back and relax in languorous comfort. Your favorite music (battery-operated radio or cassette player only; for safety's sake, keep plug-ins out of the bathroom). Fragrance, in the form of scented soaps or a pretty basket of potpourri on a shelf near the tub (humidity will intensify their perfume). Of course, you'll also need the basics: Soap, bath oil or bubbles. A selection of skin polishers, including bath brush, loofah, pumice and sponges. A pile of soft, colorful terry towels.

Tub tips for a more beautiful bath: ● Rosy up tired skin with a prebath scrubdown of sea salt or coarse kosher salt moistened with water. Rub briskly on arms, legs, shoulders, buttocks; avoid face and sensitive skin areas. Moisturize thoroughly after bathing. ● Use tub time to allow facial masques and hair conditioners to work wonders; steam and heat enhance their effectiveness. Or put hair up with pins or hot rollers and let steam lock in a quick set. ● Tweeze brows in the bath when pores are open, and the procedure is practically painless. ● Place damp tea bags, cotton pads soaked in witch hazel, or a gel-filled mask over tired, puffy eyes to brighten them and reduce swelling. ● Layer on a fragrance you adore with same-scent bath oil and soap. Post-tub, when skin is still slightly dewy, apply matching body cream or talc and finish with an allover spray of cologne or perfume. Sheer luxe!

Shiatsu, the traditional Japanese massage, is a delicious way to relax and ease away tension, say the bath and body experts at Shiseido. In shiatsu, pressure is applied with thumbs only. Work in gentle, circular motions, always moving toward the heart—from ankles to thighs, for example, and from wrists to shoulders. Pay special attention to the body's "hot spots": centers of palms and soles of feet, the indentations on insides of elbows and below kneecaps, the area surrounding the navel.

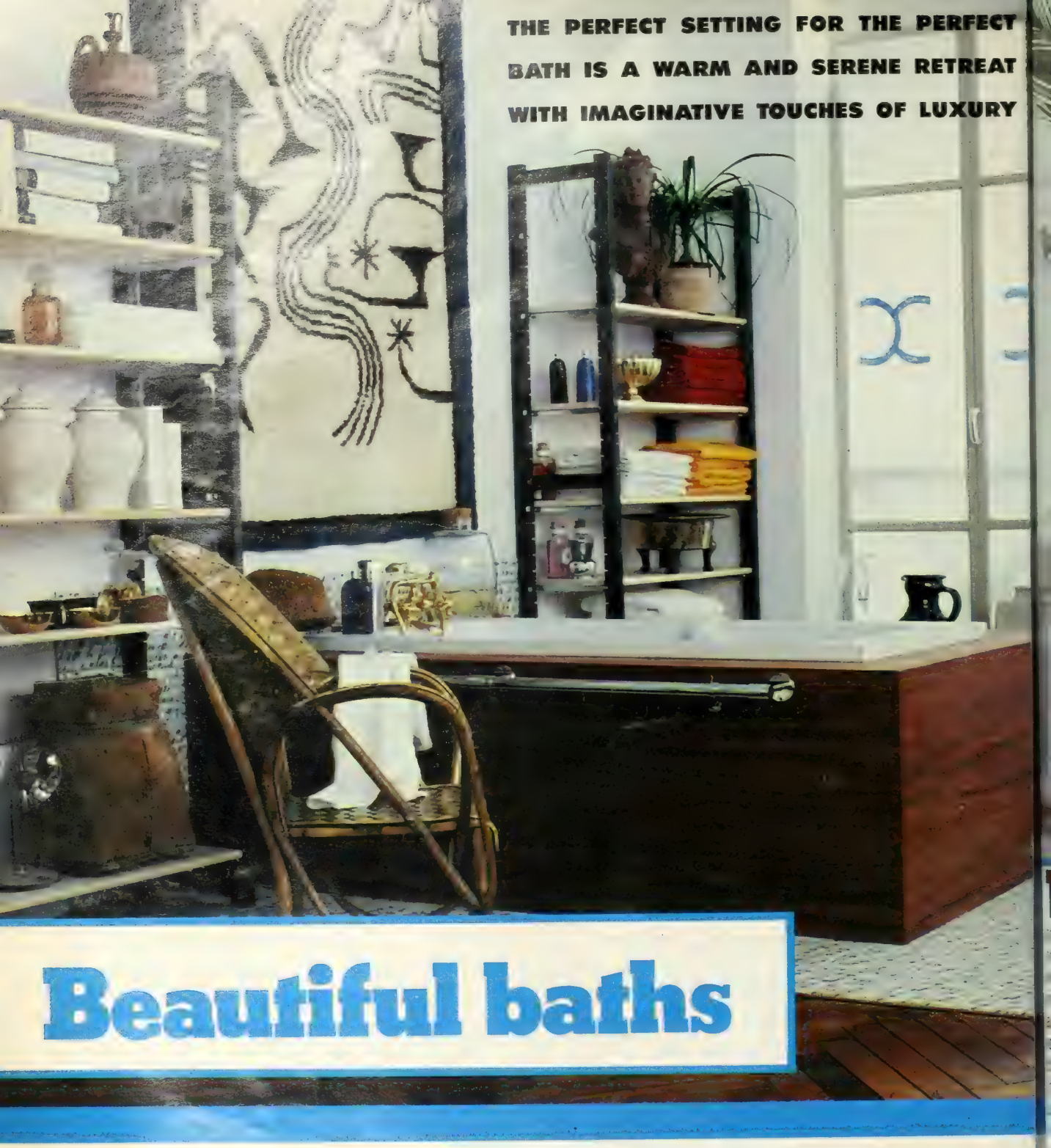
Rise-and-shine bo . . . a morning eye-opener well worth getting up early for: Fill tub with tepid water (a temperature of 80°F. to 90°F. is about right). Add a splash of aromatic eucalyptus oil. Rinse with cool water to close pores, then rev up circulation with an invigorating towel rub.

Harry Langdon



"Cares of the day all seem to vanish down the drain after a lulling bath," says bathing beauty Heather Thomas, best known as the bubbly star of TV's "The Fall Guy"

Our bathing beauty, Heather Thomas, is as squeaky clean in real life as she looks in our picture. Her healthy lifestyle includes a careful diet, lots of sports and exercise, and a skin-care regimen. But Heather admits that things weren't always this good for her. She credits her husband, Allan Rosenthal (a psychotherapist specializing in treating patients with drug problems), ***(continued on page 154)***



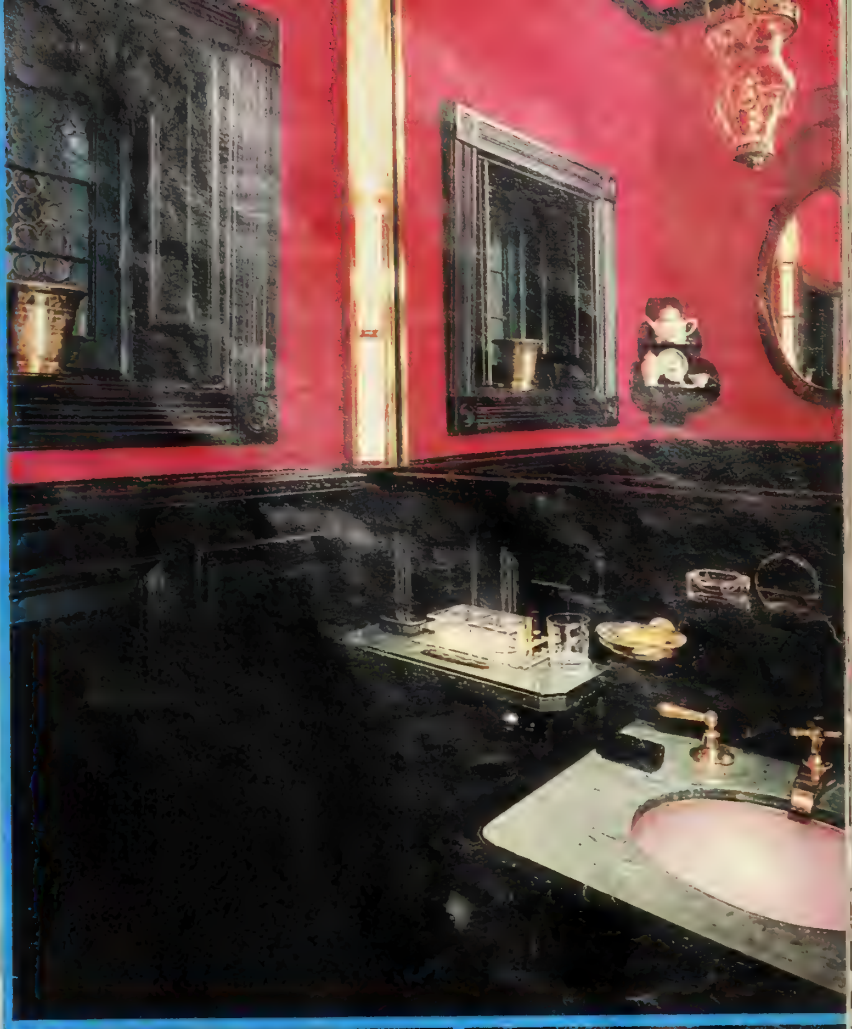
THE PERFECT SETTING FOR THE PERFECT BATH IS A WARM AND SERENE RETREAT WITH IMAGINATIVE TOUCHES OF LUXURY

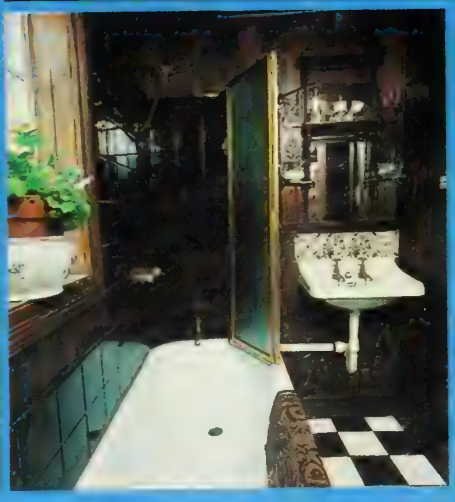
Beautiful baths

A dream bathroom can be almost any shape or size, its decor may be contemporary or traditional or a marvelous mix . . . but it is always inviting and relaxing. And if it's also as beautiful as the baths shown here and on the following pages, so much the better! The bathroom above is bright and airy yet cozy with an abundance of natural materials, plants and a woolly rug in an abstract design. Generously proportioned shelves keep towels and bath supplies close at hand. A vibrant red and black color scheme and elegant accessories add drama and sophistication to the small bathroom top right. In another small bathroom (near right), the variety of satiny tiles is a stunning counterpoint to rich wood paneling. To maximize the sense of space, a folding glass shower door was installed. Dazzling checkerboard tilework encompasses the entire tiny bathroom shown opposite, far right, making architectural lines virtually disappear as it enchants the eye.

Pictures, pages 90-93, from THE BOOK OF BATHROOM [illegible] by Barry Dean. Copyright © 1985 by Smallwood and Stewart. Reprinted by permission of Simon and Schuster.
Photos: above, Maison de Marie Claire/Berthier/Saconay/Dirand. top [illegible] McGrath; bottom right, both by Elizabeth Whiting & Associates; towels, Martex; sponge from Caswell-Massey.

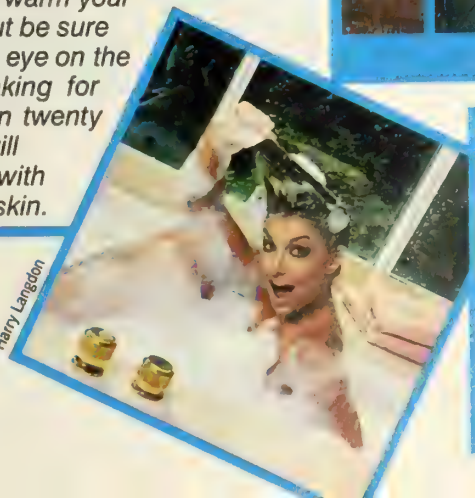








The warm-up bath. After a day on the ski slopes or another chilling experience, settle into a warm tub (93°F. to 110°F.), made even more comforting by the addition of a handful of boiled rosemary leaves. Hot soup or cocoa will warm your insides, but be sure to keep an eye on the clock. Soaking for longer than twenty minutes will leave you with shriveled skin.



Harry Langdon

Tub treats! New skin-slicking, spirit-lifting products formulated to add more beauty to your bath: mineral-rich soaks that leave skin feeling toned and terrific . . . herbal extracts—from energizing spruce and pine to calming juniper—that let you match your bath to your mood . . . therapeutic bath oils loaded with lubricating ingredients that work to relieve flaky, winter-dry skin.



Some of the most beautiful bathrooms are those in which the big chill of plumbing and porcelain is warmed by decorative elements more often associated with other rooms. Flowering plants, botanical prints and, most of all, the extravagantly shirred chintz balloon shade make the bath above as pretty and feminine as a bedroom. The walls were glamorized with hand-painted blossoms echoing the chintz. In the bathroom opposite top, a magnificent leaded-glass cupboard was hung over the mirror, providing more storage—and much more style—than a conventional medicine cabinet. Harmonious pieces are mixed in the English bathroom opposite bottom. The antique dry sink of golden pine is a roomy storage alternative and doubles as a place to display a collection of ceramic dogs. The space is lit by a Victorian globe and dominated by an immense mirror in a carved frame, grand enough for a ballroom.

Hair, these pages, Tony Cappella for Cloutier; makeup, Marilyn Young. Photos, above, Lucinda Lambton/Arcaid; top right, Elizabeth Whiting & Associates; bottom right, John Vaughan.

Tools of the tub! Use a washcloth or sea sponge on neck and breasts, where skin is delicate; to prevent dryness, soap these areas no more than once a day. Polish roughness from thicker, tougher skin on back, arms and legs with a body brush or loofah. Erase calluses on heels and soles with a dampened pumice. Treat dry skin anywhere with a moisturizer immediately after your bath.

Bedtime bath . . . to woo sleep, dim bathroom light if possible. Place tub pillow behind your head and unwind in warm water laced with boiled thyme. Pat dry (rubbing is too invigorating late in the day). Best sleepytime drink: Hot milk. Pleasant dreams.



Harry Langdon

SWEET ON

SWEATERS



CARDIGAN AT LARGE

Longer, looser, with shapelier shoulders, this update of an old favorite, here in blue silk, is an easy-fitting alternative to a suit jacket. Paired with a silk blouse and a short skirt, it's a look that's going places.

Model, Audra of Click. Clothing, Calvin Klein. Pin, Vendome of Tokyo. Earrings, Designs by Nancy and David.

Douglas Keeve

You're sure to warm up to these great new styles in cool pastels

By Lois Joy Johnson
Beauty and Fashion Editor



GETUP FOR A GETAWAY

Contemplating a relaxing weekend away? Take along this compatible duo: a creamy, body-skimming turtleneck all wrapped up in a blousy yellow cabled V-neck tapering to a hip-hugging band. Add a matching skirt, and it's truly a cuddlesome trio someone special will adore.



MAKING THE HEADLINES

For those who want to get into the style section, the big scoop is a body-clinging slink of pink: an oversize polo shirt mated with a mid-calf tube skirt that can flatter or camouflage. It's definitely the hot skinny!

Model, Monique [illegible]; top and skirt, Reno Sparks Knits; bracelets, Carly and Marsha for Catherine Stein.

Douglas Kirkland



REVIVING AN OLD SPORT

A perennially cozy classic makes a big comeback in velvety lavender mohair with deep-cut sleeves. The sophisticated bottom line: a white wool pleated mid-calf skirt. It's a team that puts you in the driver's seat!

Model, Audra at Click. Turtleneck, Mary Jane Marcasiano. Scarf, Susan Horton. Skirt, Sung Sport. Hair, these pages, Gad Cohen of La Coupe. Makeup, Levente at Laurance Iris Cosmetics.



MONDAY BREAKFAST, WEEK 1
Super Muffin

J. Barry O'Rourke

THE LHJ SUPER DIET

You love the great original dishes our talented staff in the *Journal*'s test kitchen creates for you each month. Now we bring you another exciting first: the LHJ Super Diet. With the help of a top nutritionist, we've developed a complete twenty-eight-day weight-reduction plan that doesn't feel like a diet. We've also eliminated much of the fuss dieting usually entails: Each of the thirty tantalizing recipes has been triple-tested and calorie-counted for you. What's more, the diet meals are so delicious, you can serve them to family and friends. The LHJ Super Diet is healthful, satisfying and easy to follow. We believe it's the diet that will work for you. For details, read on.



MONDAY LUNCH, WEEK 1
Pita Garden Pocket



SATURDAY LUNCH, WEEK 3
Seafood Sandwich

Like you, many of us at the *Journal* are veteran dieters. Like you, we're busy women who have been disappointed, frustrated and bored by countless diets in the past. We decided it was time for something really different. We asked ourselves what the dream diet would be like. Our ideal: A sensible, effective plan that isn't hard to stick to because it's simple, convenient and, most of all, terrific-tasting—a diet for people who love food. So we set to *(continued)*

SUNDAY BRUNCH, WEEK 1
Savory Stuffed Omelet



Imagine sitting down to a luscious omelet stuffed with ratatouille, ham and cheese or pear compote—plus a mimosa—and getting up slimmer than before! Super Diet recipes start on page 122

By Randi Blaun





A meal as delectable as Chicken Diablo, followed by Orange-Banana Sorbet, is simply too good not to share with company. For your complete twenty-eight-day menu, turn to page 120

WEDNESDAY DINNER, WEEK 2
Chicken Diablo

work in the kitchen and created what we think is the best diet ever! Here's what makes the LHJ Super Diet so super:

- *No counting calories* Every meal has been calorie-counted for you, so you don't have to keep tabs or make tedious calculations.
- *A month of great meals* There's no need to figure out what to eat when or choose from a confusing exchange list. Your diet provides a complete menu for every day.
- *Sunday feasts* Wake up to lavish brunches—complete with champagne—every Sunday. And the four Sunday dinners are so spectacular, you'll be able to serve them to company.
- *The fast food you love* No need to pack a lunch every day. You can join the gang for fried chicken, tacos, cheeseburgers—even pizza!
- *Special snacks* To satisfy your sweet tooth or other cravings, the Super Diet builds in a daily 100-calorie treat—from chocolate kisses to potato chips (see our snack list on page 118). Indulge once a day whenever you want! Or you may have a glass of wine or a cocktail instead.

Week 1 of the LHJ *(continued on page 118)*



SUNDAY DINNER, WEEK 3
Lamb with Minted Vinegar Sauce



SATURDAY DINNER, WEEK 1
Sole Roll

J. Barry O'Rourke

AN EXCLUSIVE LOO

Behind the dressing-room door

BY MARGARET DANBROT





Catherine Oxenberg (left), as *Dynasty*'s Amanda, is regal and ravishing in the romantic gown Nolan Miller designed for the famous royal wedding episode—which ended in a shootout. "Amanda's crown jewels are actually fabulous fakes that Claudette Colbert wore in a movie back in the 1930s," the designer says.

HOLLYWOOD'S TOP DESIGNER, NOLAN MILLER TALKS ABOUT YOUR FAVORITE STARS AN HOW HE MAKES THEM ALL LOOK MARVELOU



As *Dynasty*'s Alexis, Joan Collins (above) goes to jail in a ruby red ball gown. Left: Miller, with model/assistant Jorjett Strumme, picks jewels for the gown. "Everything Alexis wears must say 'I'm rich and ruthless,' " he says.

He's a lean, lanky Texan with a smile to swoon over and a devastating charm to match. No wonder all the leading ladies adore him. But Nolan Miller is no screen hunk. He stays behind the scenes, on the other side of the camera, doing what he's dreamed of ever since he saw his first lavish MGM musical—creating costumes for some of Hollywood's most beautiful women.

Nolan may be best known for the exquisite fashions he dreams up every week for Linda Evans, Joan Collins and the rest of the *Dynasty* cast. But there's more to his credentials. For the last two decades, when Hollywood stars from Liz Taylor to Lana Turner have wanted an outfit to make heads turn, they've come to Nolan Miller—and he's given them something spectacular.

From the outside, his Beverly Hills design workshop is unimpressive, but behind the unmarked door lies a world of glamour. Inside, Diahann Carroll, looking exquisitely fresh without makeup, is being fitted for yet another fabulous *Dynasty* gown. Giving Nolan a warm hug, she says goodbye, and the fifty-one-year-old designer settles in for a talk about stars and styles, and how both have changed.

"The stars from the old school —women like Lana Turner— were so used to thinking in terms of what would be seen on the screen that they developed a sixth sense about clothes. Even now, every element of a design is important to Lana; nothing is left to chance. When Miss Turner tells you that a seam is one sixteenth of an inch off, don't argue—don't even bother to measure—because she's *always* right.

"I did a white gown for Lana when she was invited to be the thousandth *(continued)*



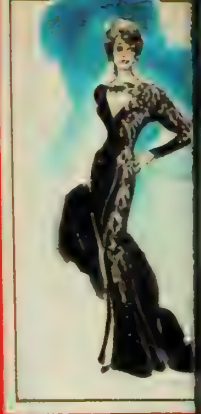
Linda Evans and John Forsythe (above), as *Dynasty*'s Krystle and Blake Carrington. "With her broad shoulders and slim hips, Linda's a designer's dream," says Miller, who has been creating fashions for her since she starred in *The Big Valley* in the late 1960s.

Photos: Catherine Oxenberg, Joan Collins, and Linda Evans with John Forsythe, ABC; Nolan Miller, Pam Barkentin.



Jaclyn Smith (above) in the slinky black gown Miller designed for her role in *The Users*—an image switch for Jaclyn after *Charlie's Angels*. "For all-out glamour, I like to work with black or white," says Miller. "They're the really sexy colors, and most women look wonderful in one or the other."





Elizabeth Taylor (below) accepting the Cecil B. DeMille Award in Miller's rhinestone-studded velvet gown. "She always has on three-and-a-half-inch heels and the stunning Krupp diamond . . . but Elizabeth would generate excitement no matter what she wore."



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guest star at Radio City Music Hall. She called New York to find out which side of the stage she would enter from. It was the left side, so she wanted a slit on the left. She paced back and forth, adjusting her steps so that the right amount of leg would show. She had us sew the slit closed a couple of inches, and she paced some more, then asked us to open it up again an inch. When the slit was right, she got a chair and sat down in front of the mirror so she could see exactly how to arrange her legs to reveal just enough."

While Turner is painstakingly concerned with maintaining a consistent public image, one of today's biggest stars, Joan Collins, is far more unpredictable when it comes to clothes, Nolan says.

"Joan is a creature of moods. She never looks the same two days in a row. One day she'll be off to lunch in a Chanel suit and ropes of pearls, and the next day she'll be wearing some outrageous gypsy thing. The day after that, she'll walk in dripping with furs, like Alexis on *Dynasty.*

"We have a lot of fun with Alexis," he continues. "Last year the script called for her to go into hiding at a convent, and we put her in a nun's habit for two shows. We wanted her to look absolutely spectacular on her return, so we had her stepping off the plane in a fabulous white outfit and white furs. Everyone on the set was laughing hysterically. I mean, the absurdity of it. Where did she get those couturier clothes at the convent? Who knows? Who *cares*? We're not exactly dealing with reality on *Dynasty.* Those ladies don't shop—they just open up their closet doors."(*continued on page 137*)



On Oscar night with John Travolta, Barbara Stanwyck wears Miller's red satin (above). "She taught me 'tabletop' dressing—keeping the interest above the waist for dinner clothes," he says. Inset top: a sketch of the gown Susan Hayward wore at her last public appearance.

Photos: Jaclyn Smith, Nolan Miller; Elizabeth Taylor, Globe Photos; Barbara Stanwyck and John Travolta, J.L. Allan/Sygma.

CASSEROLES PLAIN & FANCY

BY SUE B. HUFFMAN, FOOD AND EQUIPMENT EDITOR





ALL TURKEYED OUT? HAMMED TO DISTRACTION? TIME TO CONSIDER THE CASSEROLE!

OSSO BUCO—ITALIAN-ACCENTED VEAL LACED WITH VERMOUTH—IS SPECIAL ENOUGH

FOR NEW YEAR'S DAY, AS IS SAVORY FETTUCCINE WITH THREE CHEESES. TASTY PORK

CHOPS WITH POTATOES AND LIMA BEANS IS FAMILY FARE AT ITS BEST. FOR THESE

RECIPES AND OTHER GREAT ONE-DISH MEALS, HEARTY AND PARTY, TURN THE PAGE.

continued from page 107

OSSO BUCO

pictured on page 106

The name means "bone with a hole," or "marrow bone," in Italian. The garlic, lemon peel and anchovy flavoring known as gremolata *adds an authentic Milanese taste.*

- 8 pounds veal shanks, cut crosswise into 2-inch pieces
- 5 tablespoons salad oil, divided
- Salt
- Pepper
- 1½ cups water
- 3 tablespoons butter or margarine
- 3 garlic cloves, minced
- 4 medium onions, chopped
- 4 large ribs celery, chopped
- 5 medium carrots, chopped
- 1 tablespoon basil
- 1 teaspoon thyme
- Dash cinnamon
- Dash nutmeg
- Dash clove
- ¼ bay leaf
- ¼ cup chopped parsley
- 1½ cups dry white wine or vermouth
- Pinch saffron threads (optional)
- 3 cans (14½ or 16 oz. each) tomatoes, drained, seeded and coarsely chopped
- 1 cup beef broth

Gremolata

- 2 canned anchovy fillets
- 2 teaspoons grated lemon peel
- 1 teaspoon minced garlic
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- 1 teaspoon pepper

Dry veal well. In large Dutch oven heat half the oil over high heat. Brown veal well on both sides a few pieces at a time, adding more oil as needed. Remove veal and sprinkle with salt and pepper. Add water and stir, scraping up browned bits. Pour into a glass measuring cup; reserve. In same pan melt butter or margarine over medium heat. Add garlic and saute 30 seconds. Add onions and saute until translucent, about 10 minutes. Add celery, carrots and seasonings except saffron; saute 10 minutes more. Increase heat to medium-high. Add wine and cook until reduced by half, about 5 to 7 minutes. Stir in saffron if desired, tomatoes, beef broth and reserved juices. Bring to a simmer. Reduce heat to low. Return veal to Dutch oven (liquid should come almost to top; add water if needed).

Preheat oven to 325°F. Bake 1 hour 45 minutes, turning veal once. (*Can be made ahead. Cover and refrigerate up to 3 days. Reheat in Dutch oven over medium heat, stirring occasionally, until hot.*)

Transfer veal to a large bowl; cover and keep warm. Over medium heat reduce cooking liquid by half. Remove 1 cup vegetables from sauce and puree; stir back into sauce. Return veal to sauce and heat. Remove bay leaf; stir in Gremolata and salt and pepper to taste. Serve immediately. Makes 8 servings, about 430 calories each.

Gremolata: In bowl mash anchovies with fork. Stir in remaining ingredients.

FETTUCCINE WITH THREE CHEESES

pictured on page 107

Tangy goat cheese makes this colorful macaroni and cheese combo special enough for guests and simple enough for the family.

- 4 tablespoons salad oil, divided
- 1 onion, chopped
- 3 red peppers, chopped
- 1 box (12 oz.) fettuccine noodles
- 6 tablespoons butter or margarine
- 3 tablespoons flour
- 3½ cups milk
- 1½ teaspoons salt
- ¾ teaspoon pepper
- 8 ounces mozzarella cheese, shredded
- 6 ounces goat cheese, crumbled
- 1 package (10 oz.) frozen chopped spinach, thawed and well drained
- ½ cup chopped fresh basil or 2 tablespoons dried
- 3 tablespoons grated Parmesan cheese
- Sliced goat cheese, for garnish

In medium skillet heat 2 tablespoons oil. Add onion and saute until translucent; remove and set aside. In same skillet heat remaining 2 tablespoons oil. Add peppers and saute until tender; set aside. Cook fettuccine according to package directions. Meanwhile, in medium saucepan melt butter or margarine. Blend in flour. Cook over low heat, stirring occasionally, 3 minutes. With wire whisk blend in milk, salt and pepper. Cook over medium heat, stirring occasionally, until thickened, about 10 minutes. Stir in mozzarella and crumbled goat cheese and cook until melted. Add spinach and basil; stir.

Preheat oven to 375°F. In large bowl toss fettuccine, onion, 1 cup red pepper and cheese sauce. Spoon into shallow 3-quart casserole. Sprinkle with Parmesan cheese. Top with remaining red pepper and sliced goat cheese. Cover tightly with foil. Bake 30 minutes. Makes 8 servings, about 560 calories each.

PORK CHOP CASSEROLE

pictured on page 107

This hearty pork, bean and potato stew really sticks to the ribs on blustery winter days.

- ½ pound dried lima beans (1¼ cups)
- ¼ cup salad oil, divided
- 1 pound onions, sliced (about 3 cups)
- 2 large garlic cloves, minced
- 1 pound carrots, peeled and sliced ¼ inch thick
- Salt
- ½ teaspoon marjoram
- 8 center cut rib pork chops (4 lbs.)
- Freshly ground pepper
- ¼ cup flour
- ¾ cup sweet vermouth
- 4 cups water
- 1 bay leaf
- 2 pounds all-purpose potatoes, peeled and sliced ½ inch thick
- 1½ tablespoons butter or margarine

Rinse and drain beans. In medium saucepan cover beans with 3 inches water. Bring to a boil; cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain and rinse; set aside.

In large skillet heat 2 tablespoons oil over medium-high heat. Add onions and garlic; saute until onions are translucent. Add carrots, ½ teaspoon salt and marjoram; saute until carrots are tender-crisp, about 4 to 5 minutes. Transfer to a bowl; set aside.

Preheat oven to 350°F. Trim meat and fat from ends of rib bones. Sprinkle pork chops on both sides with ½ teaspoon salt and ¼ teaspoon pepper. In same skillet heat remaining oil. Brown pork chops a few at a time over medium heat, about 5 minutes per side. Remove chops. Stir flour into drippings and cook, stirring, 1 minute. Whisk in vermouth. Add water, 1 teaspoon salt and ½ teaspoon pepper. Bring to a simmer, scraping up browned bits.

Arrange chops around sides of a 5-quart casserole with bone ends up. Combine lima beans, cooked vegetables and bay leaf. Spoon into center of casserole. Pour on sauce. Cover with potatoes. Top with pieces of butter and sprinkle with 1 teaspoon salt and ¼ teaspoon pepper. Cover with a double layer of foil. Bake 2 hours; remove foil and bake 30 to 45 minutes more. Remove bay leaf. Makes 8 servings, about 600 calories each.

CHICKEN WITH PANCETTA AND ZINFANDEL

A California-style variation on the classic French coq au vin.

- 4 ounces pancetta, prosciutto ham or bacon, cut into ½-inch cubes
- 4 tablespoons butter or margarine, divided
- 1 4-pound chicken, cut into 10 pieces
- ¼ teaspoon salt
- ¼ cup finely chopped shallots
- ¼ cup flour
- 3 cups zinfandel wine
- 1½ cups chicken broth, divided
- ¼ teaspoon thyme
- ½ bay leaf
- 10 ounces pearl onions, peeled

(continued)

Mrs. Paul's

SHRIMP PRIMAVERA

260 Innocent Calories



After nearly 40 years of creating some of the finest frozen seafood, Mrs. Paul's Kitchens announces a new era in classic dining.

There are 11 delicious seafood dishes to choose from, all under 300 calories.

They're even microwaveable.

But best of all, they're the pride of Mrs. Paul's.

1 pound small mushrooms, trimmed
2 tablespoons chopped parsley

Preheat oven to 325°F. In medium saucepan blanch pancetta or bacon in boiling water 1 minute; drain. In large skillet over low heat cook pancetta with 1 tablespoon butter or margarine until crisp and golden brown. Remove to a bowl. Increase heat to medium-high. Cook chicken in two batches, turning occasionally to brown all sides. Remove to a 5-quart Dutch oven. Sprinkle with salt and pancetta. Pour off all but 2 tablespoons drippings from skillet. Add shallots and saute 5 minutes. Sprinkle with flour and cook, stirring, 1 minute. Slowly whisk in wine. Add 1 cup chicken broth, thyme and bay leaf; boil 5 minutes. Pour into Dutch oven. Wipe out skillet.

In same skillet melt 1 tablespoon butter over medium-high heat. Add onions and saute until browned. Add remaining ½ cup chicken broth; cover and cook until liquid is almost evaporated, about 4 minutes. Add to Dutch oven; bring to a boil. Cover and bake 35 minutes.

Meanwhile, in large skillet melt remaining 2 tablespoons butter. Add mushrooms and saute until golden. Add to Dutch oven and cook covered 10 minutes more. (*Can be made ahead. Cover and refrigerate up to 3 days. Reheat in Dutch oven over medium heat, stirring occasionally, until hot.*) Sprinkle with parsley before serving. Makes 6 servings, about 550 calories each.

BEEF CURRY

In India curry powder is not used. The spices for curry are freshly ground and blended for each recipe.

2 pounds boneless beef round, cut into 1-inch cubes
¼ cup salad oil
¼ cup butter or margarine
4 cups finely chopped onions (about 2 lbs.)
4 large garlic cloves, minced
1 tablespoon minced fresh ginger
1 tablespoon minced jalapeño peppers
2 tablespoons ground coriander
1 tablespoon cumin
1 teaspoon turmeric
1½ teaspoons salt
½ teaspoon pepper
1 can (14½ or 16 oz.) whole tomatoes, coarsely chopped (reserve juice)
2 cups water
2 cups cauliflower florets
½ pound carrots, peeled and diced
1 pound potatoes, peeled and diced
1 cup frozen green peas

Pat beef dry with paper towels. In 5-quart Dutch oven heat oil over high heat. Add beef in two batches and cook until browned. Transfer each batch to bowl; set aside. Drain oil.

Preheat oven to 350°F. In Dutch oven melt butter or margarine over medium heat. Add onions, garlic, ginger and peppers; saute until lightly browned, about 10 to 15 minutes. Add coriander, cumin, turmeric, salt and pepper and saute 2 minutes. Add beef, tomatoes and then tomato juice and water. Bring to a boil. Cover and bake 1½ hours or until beef is just tender.

Meanwhile, in large saucepan bring 1½ quarts salted water to a boil. Add cauliflower and simmer 5 to 7 minutes, until tender. With slotted spoon transfer to bowl; set aside. In same saucepan cook carrots 5 to 7 minutes, until tender; add to cauliflower. In small saucepan cover potatoes with cold water. Bring to a boil; cook 10 to 15 minutes, until tender; drain.

When beef is tender, add vegetables. Cover and bake 10 minutes, until heated through. (*Can be made ahead. Cover and refrigerate up to 3 days. Heat in 350°F. oven 20 minutes.*) Taste for seasoning. Makes 6 to 8 servings, about 610 calories each per 6, about 455 calories each per 8.

NEW YEAR'S DAY CASSEROLE

Some folks say that eating black-eyed peas on New Year's Day ensures good luck throughout the year. This year, try your luck!

1 pound dried black-eyed peas
2 pounds smoked ham, cut into 2 or 3 pieces
1 medium onion, chopped
1½ pounds kale or collard greens, washed and stems removed
2 tablespoons white vinegar
1½ teaspoons salt
½ teaspoon freshly ground pepper

Dumplings

1½ cups white cornmeal
½ cup all-purpose flour
2 tablespoons sugar
1 teaspoon baking powder
½ teaspoon salt
3 tablespoons butter or margarine, melted
1 egg, slightly beaten
⅓ cup diced onion

In colander rinse peas with cold water. In medium saucepan cover peas with 3 inches water; boil 2 minutes. Remove from heat, cover and let stand 1 hour. Drain and rinse.

In 8-quart Dutch oven combine peas, ham and 2 quarts water. Bring to a boil; reduce heat and simmer covered 1 hour. Remove meat; shred and set aside. Drain peas in a colander set over a bowl. Set aside 1 cup liquid; return remainder to Dutch oven. Add meat, onion and greens; simmer covered 2 hours. (Add additional water if needed so that vegetables are just covered.)

In food processor or blender, puree reserved peas. Return to pot with vinegar, salt and pepper. (*Can be made ahead. Cover and refrigerate up to 3 days. Reheat in Dutch oven over medium heat, stirring occasionally, until hot.*) *Dumplings:* In small bowl combine cornmeal, flour, sugar, baking powder and salt. Stir in melted butter and reserved pot liquid. Stir in egg and onion. With wooden or large serving spoon drop on top of simmering mixture. Cover and cook over low heat 30 minutes; do not uncover during cooking time. Makes 10 servings, about 420 calories each.

PORK RIBS WITH APPLES AND SAUERKRAUT

The bouquet garni called for in this recipe is nothing more than herbs and whole spices tied in cheesecloth to make it easy to remove at serving time.

4½ pounds pork spareribs
Salt and pepper
2 tablespoons salad oil
2 teaspoons minced garlic
2 pounds onions, sliced
2 tart apples, cored and sliced
2 tablespoons dark brown sugar
2 pounds sauerkraut, rinsed and drained
3 cups dry Riesling wine

Bouquet Garni

2 whole cloves
¼ bay leaf
12 juniper berries
1 teaspoon whole black peppercorns
5 sprigs fresh thyme or ½ teaspoon dried

2 tablespoons chopped parsley, for garnish
2 teaspoons chopped fresh thyme or ¼ teaspoon dried, for garnish

Place ribs in large pot. Cover with cold water, bring to a boil, reduce heat and simmer 10 minutes. Drain and cut into 2-rib portions. Sprinkle with salt and pepper.

In large Dutch oven heat oil over medium heat. Add garlic and saute 30 seconds. Stir in onions. Cover, reduce heat slightly and cook 10 to 15 minutes, stirring occasionally. Stir in apples and brown sugar; saute 2 minutes. Increase heat to medium-high; add sauerkraut, wine and bouquet garni.

Preheat oven to 325°F. Place ribs in Dutch oven and cover with sauerkraut. Bake 2 hours. (*Can be made ahead. Cover and refrigerate up to 3 days. Reheat in Dutch oven over medium heat, stirring occasionally, until* (continued)



Nuts about you!

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CASSEROLES PLAIN AND FANCY
continued

hot.) Garnish with combined parsley and thyme. Makes 6 servings, about 540 calories each.

MEDITERRANEAN LAMB CASSEROLE

The crisp filo topping seals in all the savory juices.

- 1 large eggplant, cubed
- 1 tablespoon salt, divided
- 4 tablespoons flour, divided
- 6 tablespoons salad oil, divided
- 1½ pounds boneless lamb, cut into 1-inch cubes
- 2 medium onions, sliced
- 2 garlic cloves, minced
- 2 green peppers, cut into strips
- 2 red peppers, cut into strips
- 2 cans (14½ or 16 oz. each) whole tomatoes, drained and coarsely chopped
- 1 package (9 oz.) frozen artichoke hearts, thawed and drained
- ½ cup Greek olives, pitted
- 2 tablespoons lemon juice
- ½ teaspoon rosemary
- ½ teaspoon dried mint
- ½ teaspoon thyme
- ½ teaspoon freshly ground pepper
- 12 sheets filo dough
- 6 tablespoons butter, melted

Sprinkle eggplant with 1½ teaspoons salt. Drain on paper towels 30 minutes. Toss with 2 tablespoons flour.

Preheat oven to 375°F. In large skillet heat 3 tablespoons oil. In medium bowl toss lamb with remaining flour. Brown lamb in batches, adding more oil if needed. Transfer to large bowl; set aside. In same skillet heat remaining oil. Add onions and garlic and saute until translucent. Add to lamb with cubed eggplant, green and red peppers, tomatoes, artichoke hearts, olives, lemon juice, rosemary, mint, thyme, pepper and remaining 1½ teaspoons salt. Toss well. Spoon into 13x9-inch casserole. Cover tightly with foil. Bake 1 hour. (*Can be made ahead. Cover and refrigerate up to 3 days. Reheat covered in 375°F. oven 20 minutes.*)

Remove casserole from oven and remove foil. Place 1 sheet filo dough on top of casserole; brush lightly with butter. Layer remaining filo, brushing each with butter. Trim and tuck in edges. Score filo in diamond-shape pattern. Increase oven temperature to 425°F. Return to oven and bake 30 minutes or until golden brown. Makes 8 servings, about 595 calories each. **End**

COMFORT BREADS
continued from page 87

APRICOT BRAID

pictured on pages 86–87

If you can't find apricot butter, substitute another fruit butter.

Dough

- 2½ cups all-purpose flour, divided
- ¼ cup sugar
- ½ teaspoon salt
- 1 package active dry yeast
- ½ cup milk
- ½ cup butter or margarine, softened
- 1 egg, at room temperature
- ½ teaspoon vanilla extract

Filling

- ½ cup apricot butter
- ¼ cup chopped walnuts
- 2 tablespoons brown sugar

Glaze

- 1 teaspoon sugar
- 2 teaspoons milk

Dough: In large mixer bowl combine cup flour, sugar, salt and yeast; mi well. In small saucepan heat milk an butter or margarine until butter i melted and liquid is very warı (120°F.–130°F.). Gradually add to dr ingredients; beat 2 minutes at mediur

peed. Add egg, vanilla and ½ cup flour. ncrease speed to high; beat 2 minutes. dd enough additional flour to make a oft dough. On floured surface, knead ntil smooth and elastic, 8 to 10 min- tes. Place in greased bowl, turning to rease top. Cover and let rise in warm, raft-free place until doubled in bulk, 30 o 60 minutes (depending on whether ou use quick-rise or standard yeast).

'illing: In small bowl combine apricot utter, nuts and sugar; set aside.

Grease cookie sheet. Punch dough own. On lightly floured surface, roll nto a 14x8-inch rectangle. Transfer to repared cookie sheet. Spread filling engthwise in a center strip 3 inches ride. Cut 13 slits in dough along each ide of filling, forming strips about 1 nch wide. Fold strips across filling, al- ernating from side to side. Tuck ends nderneath. Cover and let rise about 0 to 60 minutes.

Preheat oven to 375°F. Bake 20 to 25 minutes. Brush with glaze. Cool on wire rack. Makes 1 braid, about 12 lices, about 225 calories each.

Glaze: In small bowl combine sugar nd milk.

STREUSEL COFFEE CAKE

pictured on page 86

Quick-rise yeast cuts the rising time in alf for this classic sweet bread.

Dough

- 3 cups all-purpose flour, divided
- ¼ cup sugar
- ¾ teaspoon salt
- ⅛ teaspoon cardamom
- 1 package active dry yeast
- ½ cup milk
- ½ cup butter or margarine, softened
- 3 eggs, at room temperature
- 1 teaspoon grated lemon peel

Filling

- ½ cup chopped pecans
- ⅓ cup firmly packed brown sugar
- ⅓ cup granulated sugar
- 1 teaspoon cinnamon
- 2 tablespoons butter or margarine

Streusel Topping

- ½ cup all-purpose flour
- ½ cup sugar
- ½ cup chopped pecans
- 1 teaspoon cinnamon
- 6 tablespoons butter or margarine

Dough: In large mixer bowl combine 1 cup flour, sugar, salt, cardamom and yeast; mix well. In small saucepan combine milk and butter or margarine. Heat over medium heat until very warm (120°F.–130°F.).

Gradually add liquid to dry ingredients, beating at low speed until well mixed. Increase speed to medium; beat 2 minutes. Add eggs, lemon peel and 1 cup flour; beat 2 minutes more. Add enough additional flour to *(continued)*

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Todd and Terry Muir, country inn cooks

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COMFORT BREADS

continued

make a soft dough. On lightly floured surface, knead until smooth and elastic, 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover and let rise in warm, draft-free place until doubled in bulk, about 30 to 60 minutes (depending on whether you use quick-rise or standard yeast).

Filling: In small bowl combine pecans, sugars and cinnamon; set aside.

Grease a 10-inch tube pan. Punch dough down. On lightly floured surface, roll to a 16x12-inch rectangle. Brush with softened butter or margarine. Cut two 16x6-inch rectangles. Sprinkle each piece with filling and roll up jelly-roll fashion. Pinch seams to seal. Twist two rolls together. Transfer to prepared pan and pinch ends together. Cover and let rise, about 30 to 60 minutes.

Streusel Topping: In small bowl combine flour, sugar, nuts and cinnamon. With pastry blender, cut in butter until mixture resembles coarse crumbs.

Preheat oven to 375°F. Sprinkle streusel over cake. Bake 30 to 35 minutes. Remove from pan and cool on wire rack. Makes 1 large cake, about 12 slices, about 410 calories each.

OAT[illegible]EAL CAKE

pictured on page 86

The crunchy topping for this delicious cake is broiled right on.

- 1¼ cups boiling water
- 1 cup oats, uncooked
- 1 teaspoon lemon juice or vinegar
- ½ cup butter, softened
- ½ cup granulated sugar
- ½ cup firmly packed brown sugar
- 2 eggs, at room temperature
- 1 teaspoon vanilla extract
- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- Pinch nutmeg

Topping

- ¼ cup butter, melted
- ⅓ cup firmly packed brown sugar
- 2 tablespoons half-and-half cream
- ½ cup chopped walnuts or pecans
- ½ cup flaked coconut, toasted
- ¼ teaspoon vanilla extract
- Dash salt

Grease and flour a 9-inch square or 9½x7½-inch baking pa
Pour boiling water over oats; stir, cover and let rest 20 minute
Uncover; cool 10 minutes. Stir in lemon juice or vinegar.

Preheat oven to 350°F. In mixer bowl at medium spee
cream butter. Gradually add sugars and continue creamin
until light and fluffy. Add eggs one at a time, beating we
after each addition. Add vanilla. Stir in oats.

In medium bowl combine dry ingredients; mix well, the
add to batter, mixing just until blended. Pour into prepare
pan. Bake 40 minutes or until toothpick inserted in cente
comes out clean.

Topping: Meanwhile, stir ingredients together. Spread ov
cake while hot. Broil until brown and bubbly, 2 to 3 minute
Makes 1 cake, about 12 servings, about 345 calories each.

CHOCOLATE MERINGUE COFFEE CAKE

pictured on page 87

There's no such thing as too much chocolate, so why not i
clude it in a coffee cake?

Dough

- 4 cups all-purpose flour, divided
- ¼ cup sugar
- ¾ teaspoon salt
- 1 package active dry yeast
- ¾ cup milk
- ¼ cup water
- ½ cup butter or margarine
- 2 eggs, at room temperature

- 1 cup chopped walnuts
- ¼ teaspoon cinnamon
- 2 tablespoons sugar

Meringue

- 3 egg whites, at room temperature
- ¼ teaspoon salt
- ½ teaspoon vanilla extract
- ½ cup sugar

- 1 cup semisweet chocolate chips
- Confectioners' sugar
- Unsweetened cocoa

Dough: In mixer bowl combine 1½ cups flour, sugar, salt ar
yeast. In small saucepan combine milk, water and butter
margarine. Heat over medium heat until very war
(120°F.–130°F.). With mixer at low speed, gradually add li
uid to dry ingredients, beating until well mixed. Increa
speed to medium; beat 2 minutes. Add eggs and 1 cup flou
beat 2 minutes more. With wooden spoon, stir in enoug
additional flour to make a stiff dough. On floured surfac
knead 8 to 10 minutes or until smooth and elastic, addi
more flour as necessary. Place in large greased bowl; turn
grease top. Cover and let rise in warm, draft-free place unt
doubled in bulk, 30 to 60 minutes (depending on wheth
you use quick-rise or standard yeast).

In bowl combine walnuts, cinnamon and sugar; set asid



.DUNCAN HINES BLUEBERRY MUFFINS TASTE VERY MOIST AND DELICIOUS.

Moist, Delicious



5 eggs, at room temperature
1 teaspoon vanilla extract

Glaze

2 tablespoons orange juice
2 teaspoons lemon juice
3 tablespoons sugar

Set oven rack in lowest position. Preheat oven to 350°F. Grease and flour a 9x5-inch loaf pan; set aside.

Sift flour and salt together. Stir in poppy seed.

In large mixer bowl cream butter at medium speed until light. Gradually add sugar and beat until very light and fluffy, about 4 minutes. Beat in orange peel. Add eggs one at a time, beating well after each addition, until batter has increased in volume and is very light. Add vanilla. Fold in flour one third at a time.

Pour into prepared pan. Bake 1 hour or until toothpick inserted in center comes out clean (if cake browns too quickly, tent with foil during last 10 minutes). Cool in pan on rack 10 minutes. Remove from pan; cool on wire rack. Brush with glaze. Let cool completely. Wrap and let stand 1 or 2 days. Makes 1 cake, about 12 slices, about 320 calories each.

Glaze: In small bowl combine glaze ingredients.

RASPBERRY TWIST COFFEE CAKE

Hot roll mix and raspberry jam make this scrumptious coffee cake a real snap to prepare.

1 package (16 oz.) hot roll mix
⅔ cup all-purpose flour
6 tablespoons sugar, divided
½ cup raspberry jam

(continued)

Meringue: In mixer bowl beat egg whites with salt at high speed until foamy. Add vanilla. Gradually add sugar 2 tablespoons at a time, beating well after each addition, until whites are stiff but not dry. Set aside.

Grease 2 cookie sheets. Punch dough down; divide in half. On lightly floured surface, roll one half into a 20x10-inch rectangle. Spread half the meringue over dough to 1 inch from edges. Sprinkle half the walnut-sugar mixture evenly over meringue, then sprinkle with half the chocolate chips. Roll from long side, jelly-roll fashion. Pinch seam and ends to seal. Carefully transfer to cookie sheet, seam side down. Bring ends together to form circle; pinch together to seal. Using scissors, make cuts along outside edge at 1-inch intervals to within ¾ inch of center. Repeat with remaining dough and filling. Cover and let rise 30 to 60 minutes.

Preheat oven to 350°F. Bake 25 to 30 minutes, or until golden brown. Gently loosen cakes with large metal spatula and transfer to wire racks to cool. Sprinkle with confectioners' sugar and a fine dusting of cocoa. Makes 2 cakes, about 12 slices each, about 435 calories per slice.

ORANGE POPPY SEED TEA CAKE

pictured on page 87

The air beaten into the batter is the leavening agent in this delicate cake. It tastes even better after a day or two.

2 cups sifted cake flour
¼ teaspoon salt
2 tablespoons poppy seed
1 cup unsalted butter, softened
1 cup sugar
1 tablespoon grated orange peel



WHAT A GREAT DISAPPEARING ACT.

Moist, Delicious



SO WONDERFULLY MOIST AND DELICIOUS, OUR DUNCAN HINES CHOCOLATE CHIP COOKIES...



½ cup firmly packed dark brown sugar
2 eggs
3 tablespoons dark molasses
1 cup chunky-style applesauce
⅔ cup chopped walnuts
½ cup raisins
½ cup apple butter

Preheat oven to 350°F. Lightly grease and flour 10-inch tube pan with removable bottom. In medium bowl combine flours, wheat germ, cinnamon, baking soda and salt; set aside.

In mixer bowl cream butter or margarine and brown sugar. Add eggs one at a time, beating well after each addition. Beat in molasses. Blend in dry ingredients. Add applesauce, walnuts and raisins; mix well. Spoon into prepared pan; spread evenly to edges. With spoon or spatula, gently swirl apple butter over top. Bake 50 to 55 minutes, until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan; cool completely on wire rack. Makes 1 cake, about 12 slices, about 290 calories each. **End**

Journal Shopping Center

THE LHJ SUPER DIET

Pages 98-99: Yellow plate, top, by Fitz & Floyd. Plates, bottom left, "Video" pattern, and flatware, "Braid" pattern, by Mikasa. Pink dishes, right, and milk glass, bottom left, from Pottery Barn, 231 Tenth Ave., NYC 10011. Wooden dishes from Zona, 97 Greene St., NYC 10012. Placemats and napkin ring from Henri Bendel, 10 W. 57th St., NYC 10019. Champagne bucket from Gear, 110 Seventh Ave., NYC 10011. Champagne glass and pitcher and toast holder from Royal Copenhagen, 683 Madison Ave., NYC 10021. Tray and basket from Wolfman, Gold and Good Co., 484 Broome St., NYC 10012.

Pages 100-101: Blue and chartreuse plates by Taitù from B. Altman & Co. and Henri Bendel, 10 W. 57th St., NYC 10019. Plate with swirl design and salt and pepper shakers by Fitz & Floyd. Marble salad bowl, pink and glass plates, fringed napkin, bottom right, and copper vase from Zona, 97 Greene Street, NYC 10012. Stainless underplate, glass, bottom right, napkin ring and placemat from Henri Bendel. Flatware by Mikasa. Wineglass from Pottery Barn, 231 Tenth Ave., NYC 10011. Napkin, left, from Gear, 110 Seventh Ave., NYC 10011. Crystal bud vase from Royal Copenhagen, 683 Madison Ave., NYC 10021.

COMFORT BREADS

continued

Glaze

½ cup confectioners' sugar
1½ teaspoons butter or margarine
1 tablespoon lemon juice
¼ teaspoon grated lemon peel

Grease a 9-inch square baking pan. Prepare hot roll mix through resting stage according to package directions, blending flour and 4 tablespoons sugar into prepared mix.

On well-floured surface with floured rolling pin, roll dough into a 12-inch square. Spread on jam; sprinkle with remaining 2 tablespoons sugar. Fold dough into thirds. Cut crosswise into twelve 1-inch strips. Twist each strip twice, then arrange in 2 rows in prepared pan. Cover and let rise 15 minutes.

Preheat oven to 375°F. Bake 35 to 40 minutes, until golden brown. Remove from pan and cool on wire rack. Drizzle on glaze. Makes 1 cake, about 12 slices, about 245 calories each.

Glaze: In small bowl combine all ingredients until smooth.

APPLE NUT WHOLE WHEAT COFFEE CAKE

You get double the apple flavor (from applesauce and apple butter) and healthy whole wheat in this quick ring cake.

¾ cup whole wheat flour
¾ cup all-purpose flour
¼ cup wheat germ
1½ teaspoons cinnamon
1 teaspoon baking soda
½ teaspoon salt
½ cup butter or margarine, softened



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THE LHJ SUPER DIET

continued from page 101

Super Diet is composed of menus totaling 1,000 calories daily. Thereafter, it provides around 1,200 calories a day. Although everyone loses weight at a different rate, you can expect to lose 2½ to 3 pounds the first week, and 1½ to 2½ pounds each week for the following three weeks, for a total loss of seven to ten pounds. If you want to lose more, simply repeat the diet, starting with Week 1, for as long as you want.

Since your weight can fluctuate daily—due to water retention and other factors having nothing to do with fat loss—it's best not to weigh yourself every day. Instead, do so twice a week, on Thursday and Sunday.

SUBSTITUTIONS

You may replace any breakfast with the Super Muffin breakfast (designated for Monday of Week 1). You may replace any lunch with the Pita Garden Pocket lunch (designated for Monday of Week 1).

The Super Diet includes several lunches available at coffee shops and fast-food restaurants. And if you are going out to dinner, simply choose the closest thing on the menu to your prescribed meal (carry a copy of your menus with you) or order broiled fish and steamed vegetables. To judge portion sizes, use these rules of hand: A six-ounce portion of meat, fish or poultry is roughly the size of your fist; a four-ounce portion, the size of your palm. A half cup of cereal, cooked pasta or starchy food (a 100-calorie serving) would fit into your cupped hand.

DIETING PROBLEMS SOLVED

Sticking to a diet takes more than good food. Women face special problems that can throw them off track despite the best intentions. Here are some common dieting dilemmas mentioned by our staffers, which you'll no doubt find familiar, along with some helpful hints.

Problem Tasting while cooking.
Solution Taste each dish twice at most, using a baby spoon. Also, keep a glass of ice water handy to sip from as you cook. And store a bunch of raw vegetables in ice water in the fridge to nibble on.

Problem Kitchen cupboards are full of kids' snacks that end up in Mom.
Solution Keep only a small supply of your Super Diet snacks on hand, set aside in the right portions in individual plastic bags. Give the kids money to buy their own snacks.

Problem Husband and kids turn up their noses at Mom's yucky diet food.
Solution The Super Diet is suitable for everyone, so you don't have to go to the trouble of preparing two separate dinners. In fact, you don't have to tell your family that dinner is dietetic: Just let them serve themselves extra portions. And they will also benefit from these low-fat, low-cal meals. It's the way they should be eating, too.

Problem The munchies.
Solution Getting hungry—and bingeing—is almost guaranteed to happen on a low-calorie *crash* diet. The Super Diet is meant to keep you satisfied: You won't hear your stomach grumble! The meals are filling and varied. You can have your snack whenever you want it. And you can munch all day on items from the Unlimited Nibbles list (below). If you do go off the diet, don't give up: Just go back on it the following day.

Problem Eating for the wrong reasons.
Solution Our staffers said they were most likely to eat between meals when depressed, anxious or just plain bored. From time to time almost all of us use food as a salve for emotional wounds or as a way of avoiding problems. It's nothing to feel guilty about—but it *is* fattening. So the next time you head for the fridge when you're truly not hungry, ask yourself what it is you really crave. More attention from your spouse? Sex? A day off? A better job? Hard questions, but if you stop and think about what you're actually hungry for, you can begin to defeat emotional noshing.

DO I HAVE TO EXERCISE?

Performing aerobic exercise while on the Super Diet is very important. It will speed your weight loss, keep your metabolism working at a snappy pace and give you a firmer and fitter body as well as a thinner one. The good news for confirmed nonathletes is that you don't have to run marathons to reap the benefits of exercise. Do what you enjoy. Work out at a pace that is invigorating but still allows you to carry on a conversation. Suggestions: Brisk walking, cycling, swimming and dancing. Try to exercise at least thirty minutes three or preferably four times a week.

LHJ SUPER DIET GUIDELINES

1. You may have unlimited amounts of the following beverages at any time: black coffee or tea (regular or herbal), diet sodas and cocktail mixers and sparkling water. You should also drink plenty of water all day. It keeps you full and actually discourages water retention. You may use any of your designated portion of skim milk (or the caloric equivalent of evaporated skim milk) in your coffee or tea. You may use a slice of lemon or lime in your drinks.
2. Do not use sugar unless indicated. You may use artificial sweeteners.
3. Do not use butter, margarine, oil, mayonnaise or salad dressings except where indicated.
4. When frying or sauteing, use vegetable cooking spray. A splash of wine is also fine.
5. Any fruit on your menus is to be fresh or packed in unsweetened juice or water. All portions are one half cup.
6. All portions of cooked vegetables on your menus are one half cup.
7. You may have unlimited amounts of salad made with leafy greens and raw vegetables.
8. Except where indicated in a recipe, all portions of cooked pasta, rice and starchy vegetables are one half cup.
9. You may use all herbs and spices, lemon or lime juice, and mustard and vinegar freely. Use salt sparingly, or use light salt or herbal blends. You may also use a sprinkling of Parmesan cheese on salads and vegetables.
10. You may have *either* a snack *or* a cocktail on any one day, not both.

MAINTAINING YOUR WEIGHT

The average moderately active woman requires around 15 calories per pound for weight maintenance; to calculate your maintenance-calorie daily quota, multiply your new weight by 15. Add calories to the Super Diet in the form of more vegetables, more servings of fruit and additional servings of starchy foods (to help your body adjust, add them last in small daily increments each week for a few weeks). You do need more protein than was provided by your diet. You must also be stingy with fats and oils (100 calories each per tablespoon). Continue to use your Super Diet recipes, too. They'll watch your weight for you!

Nutritional guidelines provided by Rita Tsay, M.S., R.D., clinical research dietician, Clinical Research Center, Massachusetts Institute of Technology. Additional information was provided by Sami Hashim, M.D., chief of the division of metabolism and nutrition, St. Luke's–Roosevelt Hospital, New York City.

SUPER DIET SNACK LIST

Snacks
4 chocolate kisses
6 pieces of hard candy
15 jelly beans
1 one-inch cube of chocolate fudge
2 regular Oreos
6 vanilla wafers
⅓ cup ice cream
8 small french fries
⅔ ounce potato chips
20 small pretzel sticks
10 Wheat Thins
4 cups plain air-popped popcorn

Unlimited Nibbles
All leafy salad greens (lettuce, cabbage, etc.); all crunchy raw vegetables, plain or marinated in vinegar; sour pickles

Alcohol
You may, if you prefer, have one 3-ounce glass of dry red or white wine or 1½ ounces of hard liquor a day in place of a snack.



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ked chicken, even
a delicious dip.
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od and taste the goodness
Hidden Valley Ranch.



85 The HVR Co.

THE LHJ SUPER DIET 28-DAY MENU

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						***BRUNCH***
4 oz. orange juice *Super Muffin 8 oz. skim milk **recipe given*	Sliced strawberries ½ cup low-fat cottage cheese English muffin	4 oz. grapefruit juice Egg, any style *Bran-Applesauce Bread	1 oz. bran cereal Sliced banana 8 oz. skim milk	4 oz. tomato juice Plain doughnut 8 oz. skim milk	½ grapefruit *Super Muffin 8 oz. skim milk	Mimosa (3 oz. orange juice, 2 oz. champagne) *Savory Stuffed Omelet ½ bagel with 1 Tb. cream cheese
LUNCH						***DINNER***
*Pita Garden Pocket Dill pickle Apple	⅛ cheese pizza Tangerine	Toasted cheese sandwich (1 oz. cheese, 2 thin slices bread, tomato)	*Mandarin Beef Salad 3 rice crackers 2 gingersnaps	8 oz. vanilla yogurt Sliced strawberries 2 melba toasts 1 oz. cheese	*Creamy Potato Soup Salad with *Super Diet Dressing Unsweetened applesauce	*Roast Turkey with Fruited Stuffing Steamed Brussels sprouts ¼ cup cranberry sauce 1 oz. brownie
DINNER						
Rotelle with *Super Diet Bolognese Sauce Artichoke hearts (oil-free or frozen) Melon balls	*Peasant Fish Chowder Salad with *Super Diet Dressing Slice French bread Baked apple	3 oz. broiled flank steak Sauteed mushrooms *Super Diet Coleslaw Small dinner roll Sliced peaches	3 oz. baked chicken breast *Brown Rice Pilaf *Glazed Acorn Squash Frozen fruit bar	*Pork Tofu Stir-Fry White rice Mandarin orange sections	*Sole Roll Steamed broccoli Sliced carrots 1-inch slice angel food cake with 1 Tb. pureed raspberries	

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						***BRUNCH***
Same as week 1						3 oz. champagne 2 oz. smoked salmon 2 rye crackers *Sunny French Toast 2 oz. Canadian bacon
LUNCH						***DINNER***
Chicken taco (no sour cream) Orange	*Turkey Waldorf Salad on bed of greens 3 breadsticks Small ice cream sandwich	Regular fast-food cheeseburger 8 small french fries Apple	Roast beef sandwich (3 oz. lean meat) Frozen plain yogurt bar	Fried chicken breast Pear	½ cup *Ratatouille 2 slices French bread 1 oz. cheese Pear	*Winter's Eve Borscht 2 slices pumpernickel bread Grapes 1 oz. cheese
DINNER						
4 oz. sauteed scallops Steamed carrots and zucchini Orzo macaroni *Cranberry-Poached Pears	*Negamaki Sauteed snow peas White rice Apricot halves	*Chicken Diablo Salad with *Super Diet Dressing Orange-Banana Sorbet	*Pork Chop Harvest Salad with *Super Diet Dressing 6 oz. sugar-free hot cocoa	*Linguine with Clam Sauce Steamed broccoli 2 breadsticks ½ cup ice milk	*Chicken Florentine White rice ½ cup sugar-free pudding	

WEEK 3

Monday to Friday

BREAKFAST

Same as week 1

LUNCH

Same as week 1

DINNER

Same as week 1

Saturday

Breakfast and dinner same as week 1

LUNCH

*Seafood Sandwich
3 chocolate wafers
8 oz. skim milk

Sunday

BRUNCH

Kir (3 oz. dry white wine, 1 tsp. crème de cassis
*Blueberry Crepes
1 oz. cheese
2 melba toasts
½ sliced pear

DINNER

*Lamb with Minted Vinegar Sauce
Steamed kale
2 boiled new potatoes
Grapes

Note In week 3, add 1 piece fruit *and* 1 oz. cheese or 8 oz. skim milk daily. Consult your physician before starting the LHJ Super Diet, and while on it take a daily multivitamin-mineral supplement and 1,000 mg of calcium.

WEEK 4

Monday to Friday

BREAKFAST

Same as week 1

LUNCH

Same as week 2

DINNER

Same as week 2

Saturday

Breakfast and dinner same as week 2

LUNCH

Chef's salad (2 oz. lean meat or poultry, 1 oz. cheese, hard-cooked egg, greens) with *Super Diet Dressing
3 whole wheat crackers
Sugar-free gelatin

Sunday

BRUNCH

Bellini (3 oz. champagne, 1 Tb. pureed peaches)
*Welsh Rarebit
Salad with *Super Diet Dressing
Melon balls

DINNER

3 oz. lean roast beef
Steamed green beans
Baked potato
Small dinner roll
*Strawberry Meringue Tart



CHICKEN MOZZARELLA

5 min. to prepare!

Heat oven to 425°

1 tbsp. vegetable oil
2 tbsp. grated Parmesan cheese
2/3 cup BISQUICK® baking mix
2 tsp. Italian seasoning
1 tsp. paprika
¼ tsp. pepper
6 large chicken breast halves
2/3 cup chili sauce
¾ cup shredded mozzarella cheese

BRUSH bottom of rectangular pan, 13 x 9 x 2", with oil.
MIX Parmesan cheese, BISQUICK, Italian seasoning, paprika and pepper; coat chicken. Arrange skin sides down in pan.
BAKE 45 min. Turn chicken; divide chili sauce among breast halves. Sprinkle with mozzarella cheese. Bake until melted, about 5 min. longer. Sprinkle with snipped parsley if desired. 6 servings.

High Altitude: Increase first bake time to 55 to 60 min. © General Mills, Inc. 1985

YOU'VE GOT IT MADE WITH BISQUICK

SUPER MUFFINS

pictured on page 98

- 1 cup oats, uncooked
- ¾ cup water
- 1 cup all-purpose flour
- ¼ cup instant nonfat dry milk powder
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 2 egg whites
- 3 tablespoons brown sugar
- 2 tablespoons salad oil
- ½ cup raisins

Preheat oven to 400°F. Spray twelve 2½-inch muffin-pan cups with vegetable cooking spray. In small bowl combine oats and water. In medium bowl combine flour, dry milk, baking powder, salt and cinnamon; set aside.

In small bowl beat egg whites, brown sugar and oil. Stir into oats and water; add to dry ingredients all at once, stirring just until moistened. Fold in raisins. Spoon into prepared pan, filling each cup about ¾ full. Bake 12 to 15 minutes. Remove from pan. Cool on wire rack. (*Can be made ahead. Wrap tightly and freeze up to 1 month.*) Makes 12, about 135 calories each.

PITA GARDEN POCKET

pictured on page 98

Filling

- 1 cup shredded spinach
- ⅓ cup diced green pepper
- ⅓ cup diced red pepper
- ⅓ cup seeded and diced cucumber
- ⅓ cup diced red onion
- ⅓ cup grated carrot
- 2 tablespoons red wine vinegar
- 1 tablespoon fresh dill (optional)
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 1 container (16 oz.) 2 percent milk-fat cottage cheese

- 8 small pita breads, halved
- Boston lettuce

Filling: In large bowl combine all ingredients except cottage cheese. (*Can be made ahead. Cover and refrigerate up to 3 days.*) Combine ¼ cup vegetable mixture with ¼ cup cottage cheese per serving. Serve in pita with lettuce. Makes 8 servings, about 135 calories each.

SUPER DIET BOLOGNESE SAUCE

- 1 pound (85% lean) ground beef
- 2 cups finely diced onions
- ½ cup finely diced carrot
- ½ cup finely diced celery
- 5 garlic cloves, minced
- 3 cans (14½ or 16 oz. each) tomatoes in puree
- 2 tablespoons tomato paste
- 1½ teaspoons basil
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon fennel seed
- ¼ teaspoon sugar
- ½ pound mushrooms, quartered

In Dutch oven cook beef, stirring, until it loses its red color. Add onions and cook, stirring occasionally, until translucent. Add remaining ingredients and bring to a boil. Reduce heat; simmer uncovered 1 hour. (*Can be made ahead. Freeze up to 1 month.*) Makes 7½ cups. For each serving, combine ½ cup sauce with 1 cup cooked rotelle and 1 tablespoon Parmesan cheese, 300 calories.

PEASANT FISH CHOWDER

- 1¼ pounds cod fillets, cubed
- 1½ teaspoons minced garlic, divided
- 1 teaspoon salt, divided
- ½ teaspoon pepper, divided
- 1 teaspoon lemon juice
- 1 pound new potatoes, sliced
- 2 bottles (8 oz. each) clam juice
- ¼ teaspoon thyme
- 1 pound leeks, split, carefully washed and cut into ½-inch pieces
- 1 can (8 oz.) whole tomatoes
- ¼ cup chopped parsley

Toss cod with ½ teaspoon garlic, ½ teaspoon salt, ¼ teaspoon pepper and lemon juice; set aside.

In large saucepan combine potatoes, clam juice, thyme and remaining garlic, salt and pepper; top with leeks. Cover and bring to a boil. Reduce heat and simmer 5 minutes or until potatoes are nearly tender. Add tomatoes with their juice and simmer 10 minutes. Add cod and simmer 5 minutes. Sprinkle with parsley. Makes four 1½-cup servings, about 240 calories each.

SUPER DIET DRESSING

- 1 garlic clove, crushed
- 1 tablespoon Dijon mustard
- 2 tablespoons wine vinegar
- ¼ cup low-fat plain yogurt
- ⅓ cup apple juice
- ¼ teaspoon thyme
- 2 tablespoons salad oil
- 1 teaspoon salt
- ½ teaspoon pepper

In jar with tight-fitting lid combine all ingredients. Shake well. Refrigerate at least 24 hours; discard garlic. Makes 1 cup, about 20 calories per tablespoon.

BRAN-APPLESAUCE BREAD

- 4 tablespoons butter or margarine
- ¼ cup firmly packed brown sugar
- 1 cup unsweetened chunky applesauce
- ½ cup skim milk
- 1 egg
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- ½ cup unprocessed bran
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon baking soda

Preheat oven to 350°F. Spray 8x4-inch loaf pan with vegetable cooking spray. In mixer bowl cream butter or margarine with sugar. Add applesauce, milk and egg; beat well. In medium bowl combine flours, bran, baking powder, cinnamon, salt and baking soda. Slowly add to liquid ingredients; beat just until combined. Turn into prepared pan. Bake 1 hour. Cool on wire rack. Makes sixteen ½-inch slices, about 120 calories each.

SUPER DIET COLESLAW

- 1 pound shredded cabbage (4 cups)
- ⅔ cup grated carrots
- ½ cup minced onion
- ½ cup low-fat plain yogurt
- 2 tablespoons sour cream
- 1 tablespoon sugar
- 1 tablespoon white vinegar
- ½ teaspoon salt
- ½ teaspoon pepper
- Pinch mustard seed
- 2 tablespoons chopped parsley

In medium bowl combine vegetables; in small bowl stir together remaining ingredients. Pour over vegetables and toss. Refrigerate until cold. Makes eight ½-cup servings, about 30 calories each.

MANDARIN BEEF SALAD

Dressing

- ⅓ cup orange juice
- 2 tablespoons cider vinegar
- 1 tablespoon peanut oil
- ½ teaspoon grated fresh ginger
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ⅛ teaspoon red pepper flakes

- 4 cups romaine lettuce
- 2 cups arugula
- 1 cup bean sprouts
- ⅓ cup julienned radishes
- 2 teaspoons toasted sesame seed
- ½ pound thinly sliced broiled flank steak

Dressing: In small saucepan combine ingredients. Let stand at least 1 hour.

In large salad bowl combine remaining ingredients. Warm dressing and drizzle over salad; toss well. Makes four 2-cup servings, about 185 calories each.

BROWN RICE PILAF

- 1 cup chicken broth, defatted
- 1¼ cups water
- ¼ bay leaf
- Dash allspice
- ¼ teaspoon *each* salt and pepper
- 1 tablespoon butter or margarine
- ½ cup minced onion
- ½ teaspoon minced garlic
- ¾ cup uncooked brown rice
- ¼ cup wheat berries

In small saucepan combine broth, water, bay leaf, allspice, (continued)



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salt and pepper. Bring to a simmer over medium-high heat. Meanwhile, in medium saucepan melt butter or margarine. Add onion and garlic and saute until golden. Stir in rice and wheat berries. Pour simmering broth mixture over rice; stir. Reduce heat to low; simmer covered 30 minutes. Increase heat to medium and cook uncovered, stirring occasionally, 15 minutes or until all liquid has evaporated. Makes six ½-cup servings, about 145 calories each.

GLAZED ACORN SQUASH

1 acorn squash, halved and seeded
⅔ cup apple juice
¾ teaspoon salt, divided
2 tablespoons apple butter

Preheat oven to 375°F. Place squash cut side down in shallow baking dish. Combine apple juice and ½ teaspoon salt; pour into dish. Bake 1 hour or until squash is tender. Place squash cut side up on broiler pan. Sprinkle with remaining salt. Spread 1 tablespoon apple butter in each cavity. Broil 10 minutes or until caramelized slightly. Makes 4 servings, about 75 calories each.

PORK TOFU STIR-FRY

Marinade

½ cup chicken broth, defatted
¼ cup soy sauce
2 tablespoons dry sherry
1 teaspoon cornstarch
⅛ teaspoon crushed red pepper flakes

½ pound lean pork, cut into strips
1 tablespoon salad oil
2 cups broccoli florets
3 dime-size slices fresh ginger
½ pound tofu, cut into strips
1 teaspoon chopped garlic
½ cup red pepper strips
½ cup sliced green onions

Marinade: In small bowl combine all ingredients. Add pork; set aside.

In large skillet heat oil until very hot. Add broccoli and stir-fry 4 minutes. Remove broccoli. Drain pork, reserving marinade. Add pork to skillet with 1 slice ginger; stir-fry 5 minutes. Transfer pork to broccoli. In same skillet add remaining ginger, tofu, garlic, red pepper and green onion; stir-fry 2 minutes. Return broccoli and pork to skillet with reserved marinade; stir-fry 3 minutes. Discard ginger. Makes 4 servings, about 195 calories each.

CREAMY POTATO SOUP

2 teaspoons butter or margarine
¾ cup diced onion
1 can (13¾ or 14½ oz.) chicken broth, defatted
1½ cups water
4 cups peeled and diced potatoes
¼ teaspoon salt
¼ to ½ teaspoon pepper
½ cup instant nonfat dry milk powder
2 tablespoons chopped parsley
¼ cup grated carrot, for garnish

In large saucepan melt butter or margarine over medium heat. Add onion and cook covered 1 minute. Add chicken broth, water, potatoes, salt and pepper. Cover and bring to a boil. Reduce heat and simmer 20 to 25 minutes, until potatoes are tender. Immediately remove half the mixture and puree in blender. Return to saucepan; stir in dry milk and heat through. Stir in parsley. Garnish with carrot. Makes four 1½-cup servings, about 180 calories each.

SOLE ROLL

pictured on page 101

⅓ cup long-grain rice
¾ teaspoon salt, divided
1 small garlic clove, minced
1 tablespoon lemon juice
1 cup canned black beans, rinsed
¼ cup chopped parsley, divided
4 sole fillets (about 1½ lbs.)
4 lemon slices, for garnish

Preheat oven to 400°F. Spray small glass baking dish with vegetable cooking spray. In medium saucepan cook rice in ⅔ cup boiling water with ¼ teaspoon salt 20 minutes.

In blender or food processor puree garlic, lemon juice and remaining salt with half the beans to a smooth paste. Chop remaining beans. In small bowl combine chopped beans, pureed beans, rice and 3 tablespoons chopped parsley. Spread ⅓ cup on dark side of each fillet; roll up. Stand rolls upright in prepared dish; cover with foil. Bake 20 to 25 minutes, until fish is done. Sprinkle with remaining parsley and garnish with lemon slices. Makes 4 servings, about 215 calories each.

SAVORY STUFFED OMELET

pictured on page 99

3 egg whites
⅛ teaspoon salt
Dash turmeric

Fillings

½ cup Ratatouille (recipe follows) and ½ ounce diced Jarlsberg cheese
OR
⅓ cup Pear Compote (recipe follows)
OR
1 ounce *each* chopped turkey ham and shredded Monterey jack cheese

In medium bowl combine egg whites, salt and turmeric; beat until frothy.

Spray medium nonstick skillet with vegetable cooking spray and heat o... medium-low heat. Add eggs; when e... begin to firm, spread filling on top a... continue cooking until bottom beg... to brown. Fold in half and turn o... plate. Makes 1 serving, about 160 ca... ries for Ratatouille Omelet, 230 ca... ries for Pear Compote Omelet and ... calories for Ham and Cheese Omele...

RATATOUILLE

1 eggplant (about 1 lb.), finely diced
2½ teaspoons salt, divided
3 cups finely diced onions
1 tablespoon olive oil
3½ cups finely diced zucchini
¾ cup finely diced green pepper
1 cup finely diced red pepper
4 garlic cloves, minced
1 can (14½ or 16 oz.) tomatoes in puree
½ teaspoon freshly ground pepper
½ teaspoon thyme

Toss eggplant with 2 teaspoons sa... drain in colander 30 minutes.

In Dutch oven or large saucepan co... onions in oil until translucent. A... eggplant, remaining ½ teaspoon s... and remaining ingredients; simm... partially covered 1 hour. (*Can be ma... ahead. Freeze up to 1 month.*) Mak... twelve ½-cup servings, about 60 ca... ries each.

PEAR COMPOTE

3 cups diced ripe pears
1 cup white grape juice
1 tablespoon honey
¼ teaspoon ginger

In small saucepan combine all ingred... ents; simmer gently 30 minutes or u... til pears are very soft. Makes four ... cup servings, about 140 calories each.

ROAST TURKEY WITH FRUITED STUFFING

4 pounds turkey breast
Salt
Pepper

Stuffing

5 slices whole wheat bread, cubed
½ cup diced celery
⅓ cup chopped onion
¼ cup pitted dates, chopped
¼ cup water
2 garlic cloves, minced
1 pear, chopped
⅛ teaspoon thyme
⅛ teaspoon rosemary

1 tablespoon flour
½ cup chicken broth, defatted

Preheat oven to 325°F. Season turke... breast with salt and pepper. Place ski... side up on rack in roasting pan; ter... with foil. Roast 2 hours or until the... mometer inserted in thickest pa... reaches 180°F. Remove *(continued*



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foil during last hour.

Stuffing: Meanwhile, in large bowl combine all ingredients. Spoon into 1½-quart casserole. Bake 30 minutes.

Transfer turkey to platter. Place roasting pan in freezer 10 minutes. Skim off fat. Transfer drippings to small saucepan. Heat over low heat. Blend flour with chicken broth. Add to drippings. Simmer 5 minutes or until thickened. Season with salt and pepper. About 240 calories for 3 oz. turkey, ½ cup stuffing and 3 tablespoons gravy.

CRANBERRY-POACHED PEARS

- 2 cups low-calorie cranberry juice cocktail
- 1 cinnamon stick
- 3 cloves
- 2 large pears, peeled, cored and halved
- 1 tablespoon sugar
- ¼ cup low-fat plain yogurt

In medium saucepan combine cranberry juice, cinnamon and cloves. Add pears; simmer covered 15 minutes or until pears are tender. Transfer pears to medium bowl. Add sugar to pan; increase heat and reduce juice to ⅓ cup. Pour syrup over pears and refrigerate at least 1 hour. One hour before serving, strain syrup from pears. Stir into yogurt. Serve sauce with pears. Makes 4 servings, about 95 calories each.

TURKEY WALDORF SALAD

- ¼ cup low-fat plain yogurt
- 1 tablespoon sour cream
- ½ teaspoon grated orange peel
- ¼ teaspoon *each* salt and pepper
- ½ pound turkey breast, chopped
- 1 apple, diced
- ⅔ cup diced celery
- ⅓ cup chopped green onions
- 1 tablespoon chopped walnuts

In large bowl blend yogurt, sour cream, orange peel, salt and pepper. Add remaining ingredients and toss well. Refrigerate at least 1 hour. Makes four 1-cup servings, about 120 calories each.

NEGAMAKI

- 4 ounces green onion tops, cut into 2-inch pieces (about 1 cup)
- 1 pound lean flank steak, cut against the grain into twenty 5-inch-long strips about ¼ inch thick
- Salt and freshly ground pepper

Sauce

- 3 tablespoons oyster sauce
- 1 tablespoon dry sherry
- 1 teaspoon light soy sauce
- 1 teaspoon rice wine vinegar
- ¼ teaspoon minced garlic

In small saucepan blanch green onions in boiling water 20 seconds. Drain and immerse in cold water. Pat dry.

Season steak with salt and pepper. Place 2 to 3 green onions at one end of each steak strip. Roll up and secure with toothpicks. Pat dry.

Spray large heavy skillet with vegetable cooking spray and heat over medium-high heat. Brown beef rolls, turning frequently, 3 minutes for rare center. Remove toothpicks and serve immediately with sauce. Makes 4 servings, about 205 calories each.

Sauce: In bowl combine all ingredients.

CHICKEN DIABLO

pictured on page 100

- 4 chicken breasts or thighs (about 1lb.), skinned and boned
- Salt and pepper
- ¼ cup water
- ½ cup chopped shallots
- 1 medium green pepper, diced
- 1 can (14½ or 16 oz.) whole tomatoes, drained and chopped (reserve juice)
- ½ cup sliced mushrooms
- 2 tablespoons chopped parsley
- ¼ teaspoon oregano, crushed
- ⅛ teaspoon crushed red pepper flakes
- ⅛ to ¼ teaspoon red pepper sauce
- 1 garlic clove, minced
- ¼ pound angel hair pasta or capellini

Spray medium skillet with vegetable cooking spray. Heat over medium heat. Season chicken with salt and pepper. Add to skillet and saute until lightly browned. Remove chicken. Spray skillet with more cooking spray. Add water, shallots and green pepper; cook 3 to 4 minutes, until softened. Add remaining ingredients except pasta; simmer 10 minutes. Add chicken and salt to taste; simmer covered 10 minutes. Meanwhile, cook pasta according to package directions. Serve chicken over pasta. Makes 4 servings, about 310 calories each.

ORANGE-BANANA SORBET

pictured on page 100

- 2 medium bananas
- 4 cups orange juice
- 2 tablespoons orange-flavored liqueur
- 2 egg whites
- 1 tablespoon grated orange peel

In food processor with steel blade puree bananas. Add orange juice and liqueur; process until well blended. With machine on, slowly add egg whites. Stir in orange peel. Pour into shallow metal pan; freeze. When edges are frozen and center is still soft, return to processor and puree until smooth. Spread evenly in shallow pan and return to freezer. For best texture, freeze and puree a third time. Makes ten ½-cup servings, about 80 calories each.

PORK CHOP HARVEST

- 4 loin pork chops (4 oz. each with bone), trimmed
- 1 garlic clove, halved
- Salt and pepper
- ¼ teaspoon cinnamon
- 1 cup apple cider or juice
- ¾ pound sweet potatoes, sliced
- 1 whole clove
- 2 apples, cored and sliced
- 1 tablespoon cornstarch
- ¼ cup water
- 1 tablespoon cider vinegar

Rub chops with garlic. Season with s and pepper. Spray large skillet w vegetable cooking spray. Heat ski over medium-high heat; add chops a brown well. Blend ½ teaspoon salt, c namon and apple cider. Add to ski with sweet potatoes and whole clo Simmer covered 30 minutes.

Add apples and simmer 5 minut With slotted spoon transfer cho sweet potatoes and apples to plat keep warm. In small bowl blend co starch with water; stir in vinegar. A to skillet and simmer, stirring, 5 m utes or until thickened. Makes 4 se ings, about 350 calories each.

LINGUINE WITH CLAM SAUCE

- 1 tablespoon olive oil
- 2 teaspoons finely chopped garlic
- 1 tablespoon flour
- 3 cans (6½ oz. each) minced clams, drained (reserve broth)
- ¼ cup bottled clam juice
- ¼ cup chopped parsley
- ¼ teaspoon *each* salt and pepper
- ¼ teaspoon thyme
- ½ teaspoon grated lemon peel
- 6 ounces linguine, cooked according to package directions

In medium saucepan heat oil. Add g lic and saute 1 minute. Sprinkle flour; cook, stirring constantly, 1 m ute. Add reserved clam broth, cl juice, parsley, salt, pepper and thyn Simmer 10 minutes. Add clams a lemon peel and heat through. Toss w linguine. Makes 4 servings, about 2 calories each.

CHICKEN FLORENTINE

- 2 packages (10 oz. each) fresh or froz leaf spinach
- 4 chicken breast halves (about 1 lb.), skinned and boned
- ⅓ cup finely chopped onion plus 2 tablespoons grated onion
- ¼ cup finely chopped carrot
- 1 garlic clove, crushed
- 1 teaspoon salt, divided
- ½ cup instant nonfat dry milk powder
- 3 tablespoons flour
- ⅛ teaspoon nutmeg
- 2 ounces Jarlsberg cheese, sliced

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THE LHJ SUPER DIET
continued

Wash fresh spinach. In large saucepan cook spinach with only the water clinging to its leaves covered until tender. (Or cook frozen spinach according to package directions.) Drain spinach thoroughly, pressing with wooden spoon to extract as much liquid as possible.

Preheat broiler. In shallow saucepan combine chicken, finely chopped onion, carrot, garlic, ½ teaspoon salt and water just to cover. Simmer 8 minutes, turning chicken once. Remove chicken; keep warm. Strain 1 cup broth and pour into blender with dry milk and flour; blend. Transfer to medium saucepan. Add nutmeg, remaining ½ teaspoon salt and grated onion. Cook over medium-low heat, stirring constantly, 5 minutes. Stir in spinach.

Spread spinach mixture in shallow baking dish. Top with chicken breasts; cover with cheese. Broil 3 to 5 minutes, until brown and bubbly. Makes 4 servings, about 255 calories each.

SUNNY FRENCH TOAST

1 cup skim milk
1 egg
1 teaspoon vanilla extract
½ teaspoon cinnamon
⅛ teaspoon salt
8 slices stale French bread, ¾ inch thick

Orange Syrup

1 cup orange juice
2 tablespoons sugar
½ teaspoon grated orange peel

In shallow baking dish whisk milk, egg, vanilla, cinnamon and salt. Add bread slices, turning to coat both sides. Let stand until all liquid is absorbed.

Preheat oven to 375°F. Spray large skillet with vegetable cooking spray. Heat over medium heat. Add half the bread and cook, turning once, until golden brown. Transfer to baking dish. Repeat with remaining bread. Bake 15 minutes. Serve hot with Orange Syrup. Makes 4 servings, about 220 calories each with 2 tablespoons syrup.

Orange Syrup: In small saucepan combine orange juice and sugar. Simmer until reduced by half. Stir in orange peel. Makes about ½ cup.

WINTER'S EVE BORSCHT

1½ pounds lean boneless beef chuck, cut into 8 large chunks
Salt and freshly ground pepper
2½ cups diced onions
1 cup diced carrots
1 can (13¾ or 14½ oz.) beef broth, defatted
3 cups water
¼ cup red wine vinegar
½ bay leaf
1 whole clove
¾ pound fresh beets, peeled and julienned
½ pound potatoes, peeled and sliced
2 cups diced red cabbage
3 tablespoons chopped fresh dill
½ cup low-fat plain yogurt (optional)

Dry meat well and season with salt and pepper. Spray heavy Dutch oven with vegetable cooking spray. Heat over medium-high heat. Add meat and brown well. Reduce heat to medium. Add onions and carrots; saute 7 minutes. Add broth, water, vinegar, bay leaf and whole clove; bring to a simmer. Cover with foil and lid. Reduce heat and simmer 1½ hours or until meat is very tender.

Discard foil; add beets, potato and cabbage. Increase heat to medium and simmer covered 45 minutes or until vegetables are tender. Season with 1 teaspoon salt, ½ teaspoon pepper and dill. Remove bay leaf. *(Can be made ahead. Freeze up to 1 month.)* Serve with yogurt. Makes eight 1-cup servings, 220 calories each.

SEAFOOD SANDWICH

pictured on page 99

8 ounces coarsely chopped drained imitation crabmeat
2 tablespoons chopped parsley
2 tablespoons minced red onion
½ cup diced jicama or green pepper
¼ cup minced celery

Dressing

1 tablespoon coarse-grained mustard
1 tablespoon rice wine vinegar
2 teaspoons salad oil
¼ teaspoon freshly ground pepper

8 thin slices bread
Arugula, for garnish

In medium bowl combine crabmeat, parsley, onion, jicama and celery.

Dressing: In small bowl whisk all ingredients. Pour over salad and toss to combine. Serve ¾ cup salad on 2 slices bread. Garnish with arugula. Makes 4 servings, about 145 calories each.

BLUEBERRY CREPES

2 eggs
2 egg whites
1 cup water
¼ cup cornstarch
¼ cup instant nonfat dry milk powder
3 cups fresh or frozen blueberries
1 teaspoon cinnamon
1 teaspoon lemon juice
2 tablespoons sugar
½ cup low-fat vanilla yogurt

In blender or food processor combine eggs, egg whites, water, cornstarch and dry milk. Blend just until smooth.

Spray a 6- or 7-inch nonstick crepe pan with vegetable cooking spray. Heat over medium heat. Pour in 2 to 3 tablespoons batter, tilting pan to cover entire surface. Cook until golden brown on bottom and set on top. Transfer to wax paper; repeat with remaining batter.

In small saucepan combine blueberries, cinnamon, lemon juice and sugar. Cover and cook 5 minutes. Strain berries; reserve sauce. Spoon 2 tablespoons berries on each crepe. Roll up and keep warm in 200°F. oven. Serve with reserved sauce and yogurt. Makes 6 servings, about 135 calories each.

LAMB WITH MINTED VINEGAR SAUCE

pictured on page 101

2 tablespoons minced shallots
½ cup balsamic vinegar
2 tablespoons chopped fresh mint or 1 tablespoon dried mint, crushed and steeped in 1 tablespoon warm water
12 loin lamb chops (2½ oz. each), trimmed
Salt and freshly ground pepper

In small saucepan combine shallots and vinegar; reduce over medium heat 3 minutes or until syrupy. Remove from heat and stir in mint; set aside.

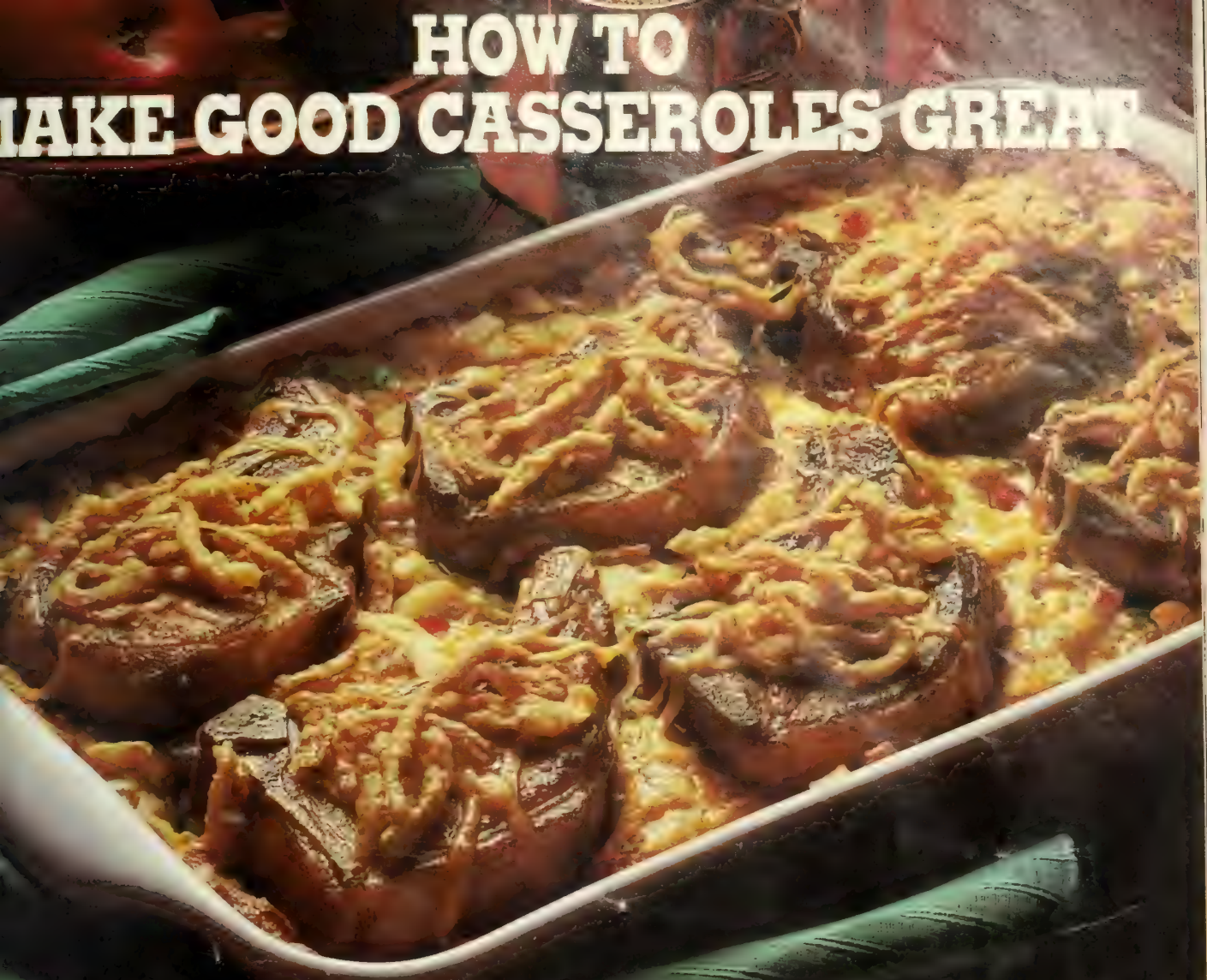
Dry chops well. Season with salt and pepper. Spray large heavy skillet with vegetable cooking spray. Heat over medium-high heat. Brown chops 3 minutes per side for medium rare. Strain sauce and pour over chops. Makes 4 servings, about 310 calories each.

WELSH RAREBIT

2 tablespoons butter or margarine
2 tablespoons flour
¾ cup low-calorie beer
¼ cup water
2 teaspoons Dijon mustard
½ teaspoon Worcestershire sauce
¼ teaspoon *each* salt and pepper
½ pound Cheddar cheese, shredded
⅛ teaspoon red pepper sauce
8 slices French bread (½ oz. each), toasted

In medium saucepan melt butter or margarine over medium heat. Stir in flour; cook, stirring, 1 minute. Combine beer and water and whisk into pan. Stir in mustard, Worcestershire sauce, salt and pepper. Cook, stirring, 1 minute. Add cheese; reduce heat. Cook, stirring frequently, until cheese is melted. Stir in pepper sauce. Spoon over toast. Serve immediately. Makes four ½-cup servings, about 350 calories each. *(continued)*

HOW TO
MAKE GOOD CASSEROLES GREAT



Durkee Real French Fried Onions.
Nothing else adds that crunch... that savory onion flavor!



Pork Chop 'N Potato Bake

6 pork chops
Vegetable oil
Durkee Seasoned Salt
1 can (10¾ oz.) condensed cream of celery soup
½ cup milk
½ cup sour cream
¼ teaspoon Durkee Ground Black Pepper
1 package (24 oz.) frozen O'Brien or hash brown potatoes, thawed
1 cup (4 oz.) shredded Cheddar cheese
1 can (2.8 oz.) Durkee French Fried Onions

Brown pork chops in lightly greased skillet. Sprinkle with seasoned salt and set aside. Combine soup, milk, sour cream, pepper and ½ teaspoon seasoned salt. Stir in potatoes, *½ cup* cheese and *½ can* French Fried Onions. Spoon mixture into 9 x 13-inch baking dish. Arrange pork chops over potatoes. Bake, covered, at 350° for 40 minutes. Top with remaining cheese and onions; bake, uncovered, 5 minutes longer. MAKES 6 servings.

Make your own casseroles even better:

1. Stir in ½ can with other ingredients for zest and flavor.
2. Sprinkle remaining onions over casserole during last 5 minutes of baking for a magnificent crunchy topping.



All it takes is a morsel of perfection.



Chocolate Peanut Butter Chewies

One 12-oz. pkg. (2 c.) Nestlé® TOLL HOUSE® Semi-Sweet Chocolate Morsels
2½ c. all-purpose flour
1 measuring tsp. baking soda
¼ measuring tsp. salt
1 c. butter, softened
1 c. sugar
1 c. firmly packed brown sug
2 eggs
One 12-oz. pkg. (2 c.) Nestlé Peanut Butter Morsels

Preheat oven to 350°E Melt over hot (not boiling) water, Nestlé® T HOUSE® Semi-Sweet Chocolate Morsels; stir until smooth. Remove f heat; set aside. In small bowl, combine flour, baking soda and salt aside. In a large bowl, combine butter, sugar and brown sugar; beat creamy. Add eggs and melted Morsels; mix well. Gradually add flour ture. Stir in Nestlé® Peanut Butter Morsels. Drop by rounded measu tablespoonfuls onto ungreased cookie sheets.
BAKE at: 350°E TIME: 8-10 minutes
Allow to stand 2 minutes before removing from cookie sheets; cool c pletely.
Makes: about 36 three-inch cookies.

STRAWBERRY MERINGUE TARTS

egg whites
teaspoon cream of tartar
tablespoons sugar
tablespoon unsweetened cocoa powder
teaspoon almond extract

lling

2 cups sliced strawberries
1 tablespoon low-fat plain yogurt
1 teaspoon orange-flavored liqueur
½ teaspoon sugar

reheat oven to 275°F. Spray cookie sheet with vegetable ooking spray. In medium bowl beat egg whites until frothy. dd cream of tartar; beat until soft peaks form. Add sugar ne tablespoon at a time, beating well after each addition. dd cocoa and almond extract; beat until stiff peaks form. Divide meringue evenly in 6 portions on prepared cookie neet. Using back of spoon or metal spatula, shape each ortion into a "nest" about 3½ inches wide and 1 to 1½ nches high. Bake 30 minutes. Turn oven off and leave neringues in oven 20 minutes more. Remove from pan and ool on wire racks. *(Can be made ahead. Store in airtight ontainer up to 1 week.)*

illing: Combine all ingredients. Refrigerate until ready to se. Spoon filling into meringue shells just before serving. [akes 6 servings, about 90 calories each.

cipes for the LHJ Super Diet developed by Diane D. Holtaway, Elizabeth A. Marks, Beverly ephens, Lisa Brainerd, Carol Prager and Kay Rentschler.

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American Library Association



NURTURING

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social stigma; as a result, there is far more incentive to leave an undernourished marriage. For this very reason, we believe today's out-of-touch marriages are much more vulnerable to erosion from within—as well as competition from without—than those of a generation ago.

Bridging the gap

Despite the obstacles, there are several ways a couple can retrieve what has been lost and restore the deep bonds necessary for a truly loving relationship.

1. First, start right now to develop new patterns of communicating and listening. Observe the tone of conversations as much as the content. When either one of you says something, is the other person's response in any way critical? As soon as a discussion becomes inflammatory, end it, and resume later when peace prevails. It's important to remember that your mate is your friend, not your competitor.

2. Take each other seriously, and respect each other's differences. Tune in to each other's interests and passions. If your husband adores golf but you abhor it, encourage him to pursue it nonetheless, and don't make him feel bad for doing so. He, in turn, must be accepting of your desire to, say, take an art history class at night. Nourish each other's dreams, and if they are at all attainable, help make them come true.

3. Learn to accept your spouse's frailties and failings. After years of marriage, we see all aspects of a person, and we don't always like what we see. Sometimes, too, the realities of daily life fail to match the high expectations we had when we first walked down the aisle. If this is the case, try to remember what it was that attracted you to each other in the first place, and remind each other of those qualities over and over again. After all, we praise our children and our friends—why neglect to tell our mates how wonderful we think they are?

4. Make your bedroom a place to move past the pressures of work and children and become physically renewed. It cannot be said enough: Busy couples must reserve prime time for lovemaking. If sex is squeezed in at the end of the day, when one or both partners would rather be asleep, only the body is satisfied, not the soul. Notes a forty-one-year-old woman, an advertising account executive who returned to work when her three-year-old entered preschool: "I think we felt we had to have sex, but we were both so busy that we ended up making love very late at night—sometimes I actually dozed off right in the middle of it. Now we have sex maybe once a week . . . but we have it with music playing, the sun shining and time to talk afterward. . . . We appreciate each other so much more this way."

5. Rediscover the restorative ritual of eating together. It doesn't have to be dinner—breakfast will do, or lunch if you can manage it. And it doesn't even have to be all the time. Certainly, trying to coordinate family schedules often requires a traffic controller. But as anthropologists and other behavioral scientists have noted, the breaking of bread together is a universal display of good will, hospitality, trust, intimacy and the cessation of hostility.

6. Share the simple pleasures of leisure activities—and that doesn't necessarily mean athletics, which can actually increase tension for many already competitive people. Rediscover the closeness that comes from enjoying a book together or commenting on the news or a movie. Initiate conversations on subjects of mutual interest. When you were dating, you shared ideas and opinions, didn't you? Being married doesn't mean you have to reserve your thoughts for friends at cocktail parties.

7. Commit yourselves to a project. What you do doesn't matter as long as it doesn't become all-consuming. By working together on something you both believe in, you create a sense of purpose, which will naturally restore intimacy.

Where are we heading?

There's no doubt about it—couples in the eighties have a possibility for partnership that eluded most of their parents. Due in large measure to the social upheavals of the last twenty-five years and the changes they have wrought in marriage and the family, husbands and wives today lead surprisingly similar lives. Even if a woman chooses not to work outside the home, she still knows she no longer has to stand in her husband's shadow. In fact, because husbands and wives today understand each other so well—often possessing a keen ability to intuit each other's needs—they are more comfortable discussing problems when they do arise than couples were in the past. That means they may also be more willing to accept the need for nurturing as an essential part of a person's emotional makeup.

Indeed, we believe it is vital for men and women to know that there is at least one person who understands how special they are, who sees their failures or foibles as part of a package that in no way diminishes their stature. The care, the attention, the nurturing, that we describe doesn't have to be perfect to make a marriage work. It just has to be present. If it is, the bonds of love will be enduringly strengthened. **End**

A MARRIED WOMAN

continued from page 77

children had had a wonderful summ and were doing fine in school. A Maggie was flourishing. But he k thinking of Maggie's face a few wee ago after he had slapped her botto She had looked at him with hatred. M be it was time to let up on the rou housing. God, his head hurt. He turn off the water.

Jack was blowing his hair dry at t mirror. Since his divorce a few years ba the hair-drying ritual consumed half hour. Jack snapped off the machine a studied Matthew. "I don't know why I s bother to ask, but why not join me fo drink tonight? It won't kill you, and y might even enjoy yourself."

Suddenly the idea of companionsh appealed to him. The children were o late, and Maggie had phoned about art function she wanted to atte "Okay, what the hell."

The cab let them off on the other s of the park, in front of a place cal Thimbles. It was dark inside, with bles in the rear. Matthew and Ja made their way to the bar.

"She's a class act, that one," Ja murmured to Matthew about the ho ess. "She's really a violinist and wh you call marriage material."

"You want to get married again Matthew asked.

"Sure, I do. Who wants to be all alo in an empty apartment?" While Ja began a comical litany of his faults a marriage partner, Matthew studied t mob. Off in the far corner, his e caught the outline of a familiar profi

The woman was distressed, perha in tears. She talked, then listened wi eyes fastened on her companion's fa The man's face was angled away, b Matthew could see the shaggy, too-lo hair. As he spoke, he gestured with h hands. Once he caught the woman's f gers between his own and held them his mouth. Her face crumpled. S dropped her eyes and hid them wi her other hand.

Jack had stopped talking. His ey followed Matthew's to the corner tab "See someone you know?"

Matthew exerted enormous effo and forced his gaze to meet Jack's. thought maybe, but I was m taken. Anyhow, I've got to go." He hand Jack a twenty-dollar bill and fled.

It was sleeting outside, but the ice f good against his face. By the time reached Fifty-first Street, he had beg to think. Of course, Maggie was in lo But why with that guy—a bohemi with sensitive hands and a turtlene sweater? He was probably an artist, doubt a "fellow student." So many l there must have been. *(continue*

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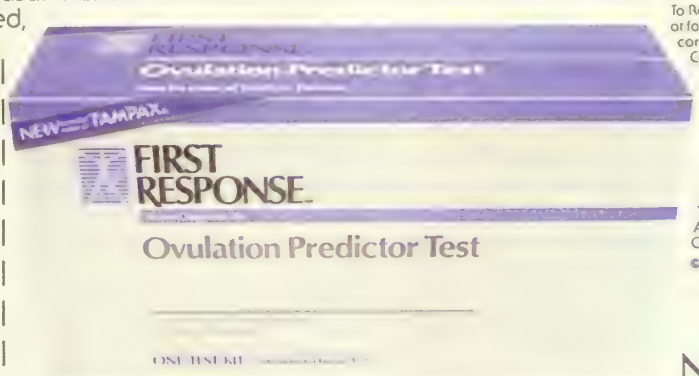
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Matthew began to shiver. The shock and the cold had penetrated his topcoat. He ducked into a bar near Radio City and ordered a double scotch, swallowed it and ordered another. After his third, he caught a glimpse of the coatrack by the door. There were only two coats hanging, a woman's fur and over that, a man's Burberry trenchcoat, the arms of which draped the fur in a protective embrace. The tenderness of it was too much for Matthew to bear. Once again, he was overwhelmed with the urgent need for flight. He paid the bill and stood up.

Out on the street, Matthew walked and thought about how much he wanted to kill Maggie. And yet all the time there was this need to go straight home to her and tell her all about the miserable night he was having.

He could picture her at the kitchen table, leaning forward on her elbows. Her expressive eyes watching him carefully as he spoke. She was the perfect person to unload to because she never trivialized the complaint. If he was having a difficult time with a new secretary, Maggie never said, "Oh, but it will soon get better, you'll see," which, of course, he knew. Instead the response would be something like, "It must be difficult adjusting to someone you're so dependent on." She had such a gift for making him feel understood.

He wondered suddenly about Maggie. Where did she go with her pain? The question struck him full force as he crossed Fifth Avenue and stood looking up at the spires of St. Patrick's Cathedral. How long since he had wondered how Maggie was doing, or looked at her with careful eyes? He thought of her companion in the bar tonight—how he was watching her, listening to her.

"Oh, God," he heard himself moan, and he sat down on the stone steps. It was time to sort this thing out. He had a legal mind. Then be a lawyer now.

Logic told him that Maggie was attempting to give him up, this lover. There was conflict between them. Perhaps she was trying to remain in the marriage, even if only for the children's sake. Assuming this was so, did Matthew still want her?

He thought of her face, her gentle voice, the way she looked at the children with a kind of shy adoration, the way she stood all rumpled and sleepy at the kitchen counter each morning. Whatever beauty there was in his life, she brought it. She was good and loving, and, yes, he wanted her. More than ever in his life, he wanted her, and Matthew put his head in his hands and cried on the steps of the cathedral.

It was two in the morning before Matthew was finally sober enough to leave the all-night coffee shop two blocks from their apartment. It had begun to snow again. At the corner newsstand, there were tubs of flowers now lightly sprinkled with white. Matthew stared at them for a moment and swooped them up, all of them, daisies, carnations, irises, lilies.

Maggie was waiting by the front door. She was ashen, with dark circles under her eyes. "Oh, my God, Matthew, where have you been?" She did not notice the flowers. "I've been calling everywhere." She began to cry, standing in her bathrobe with her arms stiff at her sides. Matthew handed her the flowers. She took them, opening her hands automatically. He held her face between his hands, kissing her carefully. She wept with the flowers crushed between them.

"I thought you were dead. Oh, Matt, don't ever do that to me again. I was so scared."

"Shh, shh," he soothed her, touching her hair. "Come on, let's get us all a drink, water for the flowers, whiskey for us."

SHE WAS CERTAIN HE'D BEEN KILLED. THE THOUGHT—IN FANTASY THE SOLUTION TO HER DILEMMA—WAS IN FACT UNBEARABLE.

They sat at the kitchen table while Matthew tried to tell her what had happened without telling her what had happened. "I think I had a mid-life crisis or something tonight," he began. "It sounds ridiculous. I hardly know how to describe it."

Her eyes were beginning to lose some of their terror. She held her tumbler of scotch with both hands. "Where have you been all this time?"

"Walking mostly. I even sort of went to church. I don't know, Mag, I just suddenly realized that I've lost touch somewhere along the line. Or maybe I never was in touch." He reached across the table and took her hand in his. She looked away as they both thought of the darkened table in the restaurant on Columbus Avenue. "I don't want to go to my grave a successful lawyer and half a human being."

"What happened tonight, Matthew?"

"Oh, I don't know. A client was in today. Lost his whole family in an ugly divorce and he's falling apart. It's h own damn fault. He's not what yo would call a thoughtful human being. looked across my desk at him and sud denly I saw myself . . ." He had made through the worst part. The lie wa behind him now, and he saw that Mag gie was eager to believe him. "I nee you, Maggie. I want you to help me b more of a person. It's a heavy load, know, and I've got some hell of a nerv Can you help me?" He felt dangerous close to tears again.

"I don't know," she answered softly.

"I can't lose you."

"I'm glad you're safe, Matt."

"We've been together a long tim That's something."

Maggie drew her hand across he eyes. "I'm so tired."

"Come. Let me put you into bed." H walked her down the hall, helped he into bed, and sat down on the edge b side her. He bent over to kiss her an then snapped off the light. Her eye stared up at him in the darknes "Please, Maggie," he whispered. "Don let it be too late." Then he got up and le her, closing the door softly behind him.

Maggie lay on the bed, her hear pounding. For so long, she had bee trying to remember her feelings fo Matthew so that she could examin them. Unsuccessfully, until tonigh when in the long hours that he did no turn his key in the lock, she becam certain he was injured or killed. Th thought—in fantasy the solution to he dilemma—was in fact unbearable.

With the growing conviction of trag edy had come the flood of memories. Sh remembered the ingenious games h used to conjure up for the children. Sh remembered his kindness during he pregnancies. It was nearly light outsid before Maggie remembered that las night she had spent two hours in a ba with David trying to figure out how t tell Matthew she was leaving him.

"I have to see you," Maggie said int the telephone. It had been weeks sinc that seemingly endless night.

"I was just about to leave for the stu dio. Meet me there."

"All right." She hung up, and mo ments later Matthew came into th kitchen to pour himself a cup of coffee

"Who were you talking to?"

Maggie buried her face in the news paper. "Phyllis."

"Isn't it a bit early in the day to ca Phyllis? I didn't think she ever crawle out until noon."

"Just confirming our bridge date. Maggie's cheeks were flaming. Bu Matthew did not press her. It seeme that whenever he came close to th truth, he backed off or circled around it

"How about dinner *(continued*



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tonight?" Matthew asked. He glanced at his watch an bolted the last of his coffee.

"With the kids?"

"No. Just us. At Windows on the World. Seven-thirty."

He bent to give her the usual brief morning kiss, the lingered to kiss her again, slowly and thoroughly.

Two hours later, she was at David's door. It was painful t look at his face. His eyes seemed to have sunk into cave beneath his forehead. Maggie took his hand in both of her and held it to her breast

"Why can't you leave him, Maggie?"

"Because he's trying so hard. Because he's the father of m children. Because I can't imagine my life without him. He so much what I am." She saw David flinch. "If I had met yo years ago—David, don't you know it would have all bee different? But we didn't meet, and I married Matt and had family, and they're as much a part of me as my hands an eyes and bones. I can't start all over again, pulling all th pieces apart and redefining myself."

David took a step backward as if trying to seek shelter i the hunks of half-carved marble.

"If only you knew," Maggie said through tears, "ho much I love you. David, are you going to be all right?"

"No," he said. One of the hooks on his overalls had com undone. She longed to fix it for him. She would never touc him again, never see him grow older.

"I'll never see you get old," he said.

"Oh, David." The cry was wrenched from some primitiv place inside her in a voice she did not recognize. She too one last look at him and fled.

Maggie dutifully met Matthew in the bar on top of th World Trade Center. He rose to kiss her.

"Spectacular, isn't it?"

Maggie gazed out over the pinpoint lights of the harbor a she listened to the music from a jazz band.

"You okay?" Matthew asked.

"Yes," she answered.

"Nope," Matthew declared. "Want to talk about it?"

"Must be hormonal," she said.

"You're too young for menopause."

"I'm not. But it's all right. I'll adjust."

He took her hand, laid it flat on the table and traced th lines. "About your bridge date today," he began slowly. "D you think there'll be any more?"

Maggie could feel the thundering reach her temple "They're over."

"That's sad." Matthew picked up her hand and kissed i "If I can help, Maggie, if you get lonely those times yo would have been . . . at the bridge table, will you call me? promise I won't put you on hold."

"You are a good man."

"I love you, and that's a fact."

"I know."

"Do you really know?"

"Yes."

That night in bed, he held her without making love to he just allowing her to snuggle against him for comfort like child with a nightmare. She could not help thinking abo David and wondering where he was now, with no warr reassuring body to curl up against. She shivered then ar felt Matthew's strong arms tighten around her in his slee She reached for his hand and held it to her breast. In h fingers she could feel the soft, insistent beat of his pulse. first, her own seemed distinct, harsher, but as she, to drifted into sleep, their twin heartbeats seemed to me together into one rhythm, warm and permanent. Er

NOLAN MILLER

continued from page 105

Thanks to Nolan, Collins has been e to cut down on personal shopping ıe. "I did a *Dynasty* gown of gold ıé with ruffles at the shoulders, and was so happy wearing it—she ınced around, fluffing up the ruffles ;h that attitude of hers—that she in-ed on wearing it to the Emmy ards," he says. "It's very rare for ın to appear in public twice in the ne dress, but she decided to wear it ıin to the Carousel Ball. When the ıple at Madame Tussaud's Wax Mu-ım in London did her likeness, she nted it dressed in the gold lamé."

Even when she's at home, far from ɔlic view, Collins dresses outland-ly, Nolan says. "You go to her house the morning for a fitting, and she's ays in an unbelievable negligee. en her bedroom is all done in apricot in. The only other person I know o's like that today is Liz Taylor . . . l I've been in a lot of stars' bedrooms. fact, I always joke with my wife that ever get around to doing a book, I'll l it 'I've Been in More Stars' Bed-ms than Burt Reynolds.' "

But not even Collins could have aled the bold style of another Joan—ın Crawford. "She was a bit much," lan confides. "Joan was fabulous and ımatic . . . but her taste wasn't the atest. I took her to the Academy ards once, and she was in fuchsia né, and the hat, the gloves, the es, the purse *and* the coat were all same fabric. She certainly had a y of doing it up. But she was a *star*."

Of all the dresses Nolan has de-ned, one of his favorites is a gown he ated for Susan Hayward shortly be-e she died. "Susan was terribly ill :h an inoperable brain tumor, so I s surprised when she came by one and told me she needed a wonder-dress because she was going to be a senter at the Academy Awards," he nembers. "That took my breath ay. We were great friends, and I ew she was struggling tremendously. u have to make me look beautiful,' e said, 'because it will be the last ıe the public will ever see me.' "

Nolan remembers being so moved, he d to retreat to his office to cry. "I told r, 'Don't worry, my love, we're going make you gorgeous.' I later did some etches and took them over to her use. She chose the one she wanted: rk bottle-green chiffon covered with een paillettes—very simple—with ıg sleeves and a deep V in back.

'As it turned out," he continues, "she ed the way she looked so much, she d a clause put in her will saying that e wanted to be buried in the dress."

Nolan pauses a moment before recalling the very special friendship he brought about between Hayward and Barbara Stanwyck just before Susan's death in 1975.

"Hayward simply idolized Barbara, and Stanwyck had always admired Susan, but strangely enough, they'd never met," Nolan says. "Once I mentioned to Susan that I was taking Stanwyck on a private museum tour, and she asked if she could come along.

"Well, Stanwyck worries about *everything*—she wants to take care of the world—and it was wonderful to see the two of them together, with Barbara fussing over Susan, and Susan enjoying herself so much. At the end of the day, they hugged and cried as though they'd been friends for thirty years."

Though Nolan has worked with and befriended many great actresses, he says Stanwyck is still one of his favorites. "I've been making her clothes for twenty years, and before that I was her biggest fan. For some reason I can't understand, she'd never won an Academy Award, though she'd been nominated many times. Then, about four years ago, the Academy of Motion Picture Arts and Sciences decided to give her a special award recognizing her lifetime contribution to the film industry.

Elizabeth Taylor once asked me to be her escort. I said, 'Where were you when I was single?' And she replied, 'I must have been married to someone.' "

"I love Barbara and always try to do my best for her, but this time, for her night of glory, I wanted to pull out all the stops and do something extraordinary. Stanwyck is wonderful in red, so I immediately started thinking red and how I wanted her to look up there on the stage. I felt pretty good about the results—satin, with allover beading—and we made a red silk coat with a Russian sable collar to go with it."

The designer fondly recalls the night of the ceremony, when he and his wife, Sandra, escorted Stanwyck to the awards presentation. "It was a glorious evening," he says, "filled with a lot of really overwhelming emotion for all of us Stanwyck lovers."

Miller calls Stanwyck "another pro from the old school," who knows exactly what to wear for each role she plays—even if it's a dress she'd never be seen in herself.

"Once, I designed a very expensive movie wardrobe for her," he says. "The producer said she could have the clothes after we finished filming. When it was over, I was shocked to learn she didn't want any of the dresses. I said, 'You didn't like them? Why didn't you tell me?' And she said, 'Well, they're beautiful and perfect for my character, but *I'd* never wear them.' "

Nolan laughs at the trials he's been put through by some of Hollywood's top stars. But he admits he really doesn't mind. "It's all part of the job, and I wouldn't trade it for anything," he says. "Lana Turner, Susan Hayward, Barbara Stanwyck, Jane Wyman, Bette Davis . . . I've been lucky enough to work with them all and receive the benefit of their years of experience."

Many of Miller's favorite designs are conceived on a grand scale, particularly those for *Dynasty*'s Linda Evans. "With Linda, I sometimes fantasize that I'm dressing Carole Lombard, who wore furs better than the animals and feathers better than the birds," he says. "Linda has some of that quality. When I designed the gown Linda's character, Krystle, wore for her second marriage to Blake Carrington, I was doing my Lombard thing. It's bias-cut satin—clinging and very sensuous—and there's a see-through hat with satin leaves that come down along the side of the face. On *Dynasty*, things move quickly. Most of the clothes are made in just one or two days. If I'm unhappy with a dress, it's usually just too bad, because there's no time to change it. But this dress, I loved."

More than any other actress on the show, Nolan says proudly, Linda has been influenced by his designs in defining her own sense of style. "She has a wonderful body for clothes, yet fashion was never at the top of Linda's list of important things," he explains. "She could never look anything but beautiful, but in the past she wore mostly trousers and silk shirts. She rarely experimented, didn't like jewelry, didn't wear furs. And now just look at her. She has a fabulous sense of style!"

Nolan's fashion genius was particularly evident during *Dynasty*'s royal wedding, which ended in a bloody massacre and brought last season to a close. "The producer wanted to go all out and make it very grand, like Princess Diana's wedding, or Grace Kelly's in Monaco. I had visions of Catherine Oxenberg in a gown with a forty-foot train, and little trainbearers and flower girls all in white. One of my assistants had been at MGM and actually *(continued)*

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NOLAN MILLER
continued

sketched the designs for Grace Kelly's wedding dress, which was made at the studio. We pulled out all of her old sketchbooks for inspiration.

"My budget is usually twenty-five thousand dollars per show, but we spent about a hundred thousand on the royal-wedding costumes. It could have been done for less, but because of the massacre, we had to make two or three versions of each costume—one for the stars to wear at the beginning of the ceremony, one for the stunt doubles who stood in for the stars in the scene where the terrorists come smashing in through the windows and mow everyone down with their machine guns, and a third one with bullet holes and blood that the stars wore in close-ups after the massacre!"

Is there any truth to stories about off-camera battles between cast members? Absolutely not, Nolan insists. "The *Dynasty* cast is wonderful; there aren't any troublemakers. They're all very professional, and everyone likes everyone else. When you hear about problems on *Dynasty*, they're almost always difficulties between a star and the front office and have nothing to do with the others in the cast."

The rapport, he says, is a change from when he worked on *Charlie's Angels*, starting in 1976. "That was not a very happy set," he relates. "Someone was always down on someone.

"I did *Charlie's Angels* for five years. I should get a medal for that. Since it was a show about detectives, and they always wore shirts and trousers, the only time I had any fun with the clothes was when a character went undercover and had to wear a disguise.

"Once, the Kate Jackson character had to pretend to be an English lady, very elegant. It was the only time I managed to make Kate look wonderful. She doesn't like fashion and didn't seem to have much clothes sense."

One of Miller's favorite designs was worn by Jaclyn Smith, another cast member of *Charlie's Angels*, in a television movie called *The Users*. "Jaclyn was still doing the series, and this very glamorous, very sophisticated role in *The Users* was a complete change for her. The black gown I designed was covered with beads in shades of black, gray, silver and white. When I saw her wearing it, I thought, Now, *that's* pretty. *That* makes me happy.

"It's impossible to know Jaclyn Smith and not fall in love with her," he says. "She's that sweet and wonderful. I don't think the camera ever really captures how beautiful she is. One morning I had to go to her house very early for a fitting. The doorbell woke her, and the next thing I saw was this incredible creature leaning over the balustrade saying, 'I'm sorry, Nolan. I'll be down as soon as I splash some water on my face.' She was so gorgeous, she took my breath away. Imagine getting out of bed and looking like that!"

Nolan is the first to admit he falls in love with most of the leading ladies he works for. But there's one who *really* stole his heart.

"I've been madly in love with Liz Taylor forever," he says. "When she married Nicky Hilton, I was so devastated I could hardly go to school.

"It was always my dream that I would one day make clothes for her. Five years before we met, my parting line when I left the studio was, 'If Liz Taylor calls, tell her I'll be back in an hour.' It was just a joke, of course, and when I finally got the call, I practically fell down, I was so excited."

To Nolan, Taylor represents the glamour of stardom more than any other actress today. "She wears the Krupp diamond all the time, whether she's in a bathing suit or a negligee. She has snapshots of all her jewels for insurance purposes, and when she's figuring out what she wants to wear, she pulls out all the photographs. I've seen piles and piles of them, literally covering her bed. And yet I must say, jewels are not what Elizabeth Taylor is all about. She's very down-to-earth, and that's part of her appeal.

"I design almost all her gowns now, and when Elizabeth tells me she has an important event coming up and wants to look wonderful, the adrenalin starts to pump, and my imagination runs rampant. She looks fabulous in anything, but I especially liked the gown that we did for her when she accepted the Cecil B. DeMille Award. It's black velvet with beaded flowers wired for a three-dimensional effect across the shoulder."

His eyes glowing, Nolan enthusiastically tells how Taylor asked if he would escort her to a recent awards ceremony. "I said, 'Elizabeth, you've made a young boy's dream come true. But it's too late. Where were you when I was single?' She looked at me with those huge violet eyes and said, 'Well, I must have been married to *someone*.' "

Between Taylor, the *Dynasty* cast and all the other stars he creates for, Nolan Miller has his share of tiring days. "Sometimes I go home exhausted. 'What a day,' I say to my wife. 'I had to fit Linda and Joan, Diahann and Catherine and Elizabeth.' And she'll give me a big kiss and a pat on the cheek and say, 'Somehow, Nolan, it's a little bit difficult to sympathize.' " **E**

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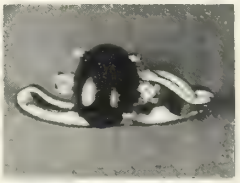


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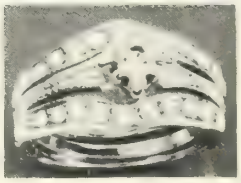
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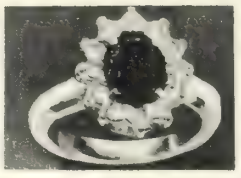
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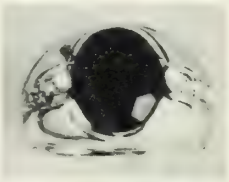


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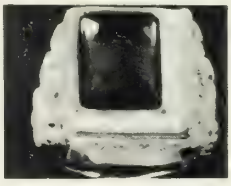


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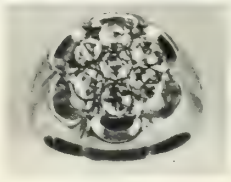
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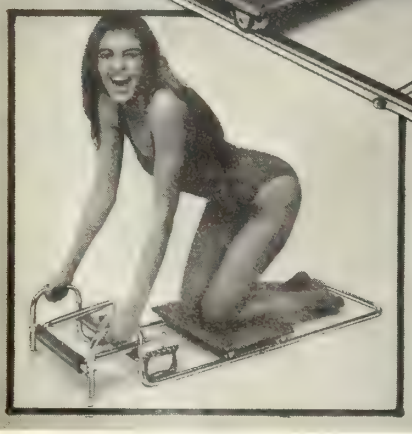
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OOK AND FEEL YOUNGER

continued from page 64

t be done in some logical order you have to remember them all e you sort out a sequence. But you always write them down and do your ning with the list in front of you.

rsonality changes very little with the Baltimore study revealed. People are rigid and cantankerous at eighty probably rigid and cantankerous at y, too. What's more, those who were rested, energetic risk takers when were young seemed to maintain a ain joie de vivre as they aged.

RC psychologist Leonard Giambra, D., reports that daydreaming changes age. At twenty-five, you're apt to lge in sexual fantasies, dreams of y, or mundane problem-solving. At nty-five, you'll spend only half as h time on such woolgathering. That's s, says Giambra, who suspects that aydreaming helps solve problems.

every age, people seem to dwell on past, present and future about lly, says Giambra. Old people who boring lives may retreat into the , but not the BLSA's elderly, who still leading active lives.

Is there sex after eighty?

bet. When anthropologist Frances foy, Ph.D., interviewed BLSA en about sex, she was able to con- that there is a slowing of sexual onse with age. But 78 percent re- ed that they still had an active sex and 61 percent felt "very satisfied" it even though more than half of e fifty-six and over said they no er became as aroused, and they 't reach orgasm as quickly.

ne fact that increasing numbers of r women are experiencing fuller ives is good news for today's young middle-aged women who already y a freer sex life than their mothers randmothers did. Purifoy predicts we'll be more interested in sex and ally active for a longer period of than women used to be.

oosting your immune system

ple die of *diseases*, not of old age. the old are more vulnerable to dis- because over the years the im- ne system becomes less efficient, s William Adler, M.D., of the GRC. ere's what actually happens: Your manufactures antibodies to protect f against invading bacteria and vi- s. B-cells make the antibodies, and T- regulate the B-cells. But by middle T-cells, for unknown reasons, slowly n to function less well, removing e of the controls from the Bs. This partially explain why cancer is in- singly common at this time of life, for some scientists believe T-cells suppress the growth of tumors, while B-cells encourage their growth.

By eighty, your B-cells, too, are less active, and your immune system isn't producing antibodies the way it used to, so you're more apt to catch infectious diseases and to die of them. On the other hand, though your chances of developing cancer have continued to rise, a tumor will progress less rapidly when you are eighty than it would have when you were fifty or sixty, perhaps because B-cells are no longer as potent.

Can you do anything now to boost your immune system? Yes—scientists have developed vaccines for many diseases, among them, tetanus, pneumonia and flu. It makes sense to be immunized against certain illnesses *before* you reach old age, because vaccines don't work as well in the old. Adler believes that someday soon people in their fifties will routinely be vaccinated with protection designed to last twenty or thirty years.

In addition, says Adler, you can boost your immune system by not smoking or drinking heavily, and by eating vegetables that contain a lot of vitamin A, such as broccoli, cabbage and carrots. Scientists believe vitamin A improves antibody production and may offer some protection against cancer.

How long will you live?

Your absolute upper limit is probably one hundred fifteen to one hundred twenty years, according to Shock.

In the U.S. today we have dramatically increased the average life expectancy, and it's still going up. For a white baby girl, it's now 78.8; for a black baby girl, 73.7; for a white baby boy, 71.8; and for a black baby boy, 65.5. (Most scientists attribute the difference between blacks and whites to socioeconomic conditions, says gerontologist Jordan Tobin, M.D., of the GRC.)

Females of most species live longer than males, and in all industrialized societies women outlive men—no one is sure why. Some say female hormones such as estrogen are responsible; others credit the extra X-chromosome females carry.

Does heredity play a part in how long an individual lives? That's open to question, says Shock. Some research indicates that if your parents and grandparents lived a long time, you can expect to live about six years longer than someone whose parents died before reaching fifty. However, that doesn't prove that longevity is programmed at birth. If your lifespan is about the same as your mother's, it may simply be because you both inherited a tendency to develop (or not develop) heart disease or cancer. If one parent died young and the other lived to a *(continued)*



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ripe old age, which one will you be like? That depends on what killed the parent who died young, Shock says.

Diet and exercise: new evidence

To date, the scientists at the GRC know of only one consistent way to dramatically extend lifespan: They give the animals they are testing as much as they want to eat one day—and feed them nothing at all the next. Under these experimental conditions laboratory rats consume 30 percent less than they would otherwise, weigh 30 percent less—and live 50 to 70 percent longer.

Nevertheless, GRC's Donald K. Ingram, Ph.D., cautioned against leaping to the wrong conclusion. Ultra-thin, undernourished people do not live longer. In fact, studies show that optimum weight for survival increases with age. Ingram suspects it's not weight or total calorie consumption that affects life span but rather the feeding regimen itself. Perhaps disrupting the animals' normal rhythms retards aging, or perhaps feeding alternating with fasting does. Researchers have found that they can also extend a rat's life span by allowing it a chance to run as often as it likes on an exercise wheel. Although more studies must be done, it's clear that diet and exercise are key factors in living longer.

What about the future?

Many of our greatest fears about growing old focus on the fact that we may have to spend our last years alone and forgotten in a nursing home. But, according to Charles F. Longino, Jr., Ph.D., director of the Center for Social Research in Aging, at the University of Miami, most people won't have to live in hospitals. Today, he notes, a mere 8 percent of what doctors call old-old (those seventy-five to eighty-four) are institutionalized. Among the oldest-old (eighty-five and over) the figure is less than 25 percent.

There's more good news: The oldest-old are the fastest-growing segment of the population, and they're a surprisingly independent lot. Most are women; most are widowed or single. More than half (55 percent) have their own house or apartment, and 30 percent actually live alone, Longino reports. Only 11 percent have moved in with a grown child, though many live near their children.

The quality of life deteriorates somewhat between seventy-five and eighty-five. Compared with the old-old, the oldest-old *are* less apt to be living independently and more likely to be poor. Longino estimates that 21 percent of them are officially poor. Many more are apparently borderline. Other researchers report that half of all women over sixty-five have incomes below the poverty (about $5,000 a year) or within $800 of

Yet our view of old age keeps shifting. When researchers speak of the young old, they mean those under seventy-five, not eighty-five. Longino says many today's old-old are as vigorous and healthy as the young-old were a few decades ago (a phenomenon he likes to refer to as "youth creep"). By the year 2000, when today's thirty-five-year-olds reach seventy, the old (those over sixty-five) will be 55 million strong, compared with 31 million today. This group—the baby boomers grown old—will constitute nearly 20 percent of the population, and of that, one quarter will be eighty and up. Surely the sheer number of elderly people, most of whom will be blessed with unprecedented health and mental vigor, will not only dramatically influence such things as government policy regarding Social Security and health care but will change for the better the way this society feels about aging. The generation that gave us the "Youthquake" and then took the crisis out of mid-life as Madison Avenue and the whole country found it fabulous to be over forty may at last make it chic to be wise and experienced survivor in the game of life. And that, surely, is good news about growing old in America.

A HEALTHY OLD AGE: AN EIGHT-POINT PLAN

We'll never be able to prevent aging, but we're beginning to know a lot about how to prevent the major diseases that sabotage the quality of life in old age and kill us before our time.

For the most part, prevention boils down to familiar common-sense advice—the kind most people ignore because they can't quite believe they'll ever be old, or they're not sure they want to be (thanks to those negative stereotypes). Or maybe they're planning to change their ways tomorrow. Nevertheless, it's smart to start taking care of yourself now.

1. Don't smoke. Nonsmokers live at least four years longer than smokers, who tend to succumb early to heart disease or cancer.

2. Drink moderately. It's difficult to say exactly what moderately means, Dr. Adler explains, but heavy drinkers (those who down more than three and a half drinks per day) are more vulnerable to infections, pneumonia and cancer, because alcohol can weaken the immune system. One drink equals a 1½-ounce shot of whiskey, a four-ounce glass of wine or a 12-ounce can of beer.

3. Keep your weight down. The experts are still arguing about the optimum weight for long life, but there's no question that gross overweight makes it more likely that your old age will be soured by chronic weight-induced diseases such as diabetes or osteoarthritis.

4. Exercise regularly. The benefits may include: lower blood pressure, less cholesterol buildup, less risk of diabetes and osteoporosis, and less stress. How much exercise is enough? Doctors suggest twenty or thirty minutes of continuous effort, three or four times a week. Aerobic sports (jogging, swimming, aerobic dancing, walking, bicycling) give your cardiovascular system a good workout, but if you're a swimmer, you'll need to do weight-bearing exercise as well to retard bone loss. A brisk thirty-minute walk several times a week should suffice.

5. Eat sensibly. There seems to be a consensus that you should cut back on total fats, especially saturated fat, and on cholesterol, salt and red meat. You should increase your intake of calcium to slow the loss of bone. The experts say that before menopause women need 1,000 milligrams of calcium a day; after menopause, they need 1,500. (One cup of milk or yogurt has only 300 milligrams, so many doctors recommend calcium supplements.) Some also suggest that lots of vitamin A in the form of vegetables (try broccoli and carrots) may boost the immune system. It's also a good idea to eat fresh fruits and vegetables as well as grains to keep the intestines in good working order and improve metabolic function.

6. Start a regular program of immunization against pneumonia, flu and tetanus while you're in your fifties. The older you get, the more susceptible you are to the serious effects of these diseases.

7. Have regular checkups, especially after fifty. Women should have a yearly Pap smear to test for cervical cancer and do monthly breast self-examinations for signs of breast cancer. Men over fifty should have yearly tests for prostate cancer—one of the most easily arrested forms of cancer if it's detected early.

8. Fill your days with activities that give you pleasure. The BLSA's research strongly suggests that enthusiasm and enjoyment are life-extenders. It certainly wouldn't be surprising if they were.

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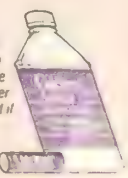
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IT'S NEVER TOO LATE

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makes me laugh. The fact is, I didn't start exercising until I was sixty-four, and then not very willingly. I was the classic late bloomer. But as the adage goes, better late than never. If I hadn't started and stuck with it, the frightening truth is that I would be in a wheelchair today. I'm sure of it.

For twenty-four years I taught second grade, and never once did I give exercise a thought. But when I retired, I was plagued with bursitis and arthritis. My husband, Hamilton, a retired insurance executive, had a back problem and joined the YMCA to see if swimming might help. I tagged along and enrolled in an exercise class.

What a mistake. The first class was a disaster. I was the oldest person there and felt every day of my sixty-four years. After attempting some simple stretches and getting nowhere, I was aghast when the young woman leading the class ordered us outside to run. Run? In my condition? I nearly gave up. One day I skipped the class and figured no one would miss me. Wrong. Before the next session, the instructor came to my house on her motorcycle. "Get on back," she said. "You're coming to class." I climbed aboard. "If you care that much," I said, "I'll give it another try."

It took me eighteen months before I could run a mile. That seems ridiculous to me now, but looking back, I realize how very determined I was. I was running all out at first, like a sprinter, and I'd get about a block before I'd completely poop out. Then someone clued me in. "Find your own pace," she said. "It's like a little trot." From then on, I just moved along at a rate that was comfortable. I actually started to enjoy it.

Still, for five years, competing was the last thing on my mind. Then the Bonne Bell women's circuit hit Chicago, in 1978. Out of curiosity I went to a running clinic the day before the race. I expected to see only youngsters, but a number of older women were there. That put a bug in my head. I had worked up to running four miles, and maybe, just maybe, I could run this 6.2-mile race. Summoning all my nerve, I paid the entry fee.

When I arrived at the starting line the next morning, it was cold and rainy, and I was scared to death. My son, who'd driven me there, kept telling me I was crazy. "Yes," I agreed, "but I've made up my mind to do it." I started like I had wings on, a fatal mistake in a distance race, and after three miles I'd had it. So I stopped and stretched, and while I paused, some spectators started applauding. "You can do it," they yelled. I wasn't so sure, but their words lifted my spirits. I started to run once again. The last mile seemed endless, but eventually the finish line loomed. When I went through the chute at the end, the paramedics rushed over and asked if I was okay. I looked down at my legs. They seemed fine. Then I looked up at the time clock: sixty-nine minutes. Was God playing a little joke on me? Sixty-nine just happened to be my age. A photographer captured the moment, and the next day my picture appeared on the front page of the newspaper.

I've been running for more than ten years now, and like fine wine, I've improved with age. I've lowered my time and run four marathons. Almost every weekend I run a race somewhere. Very often a young woman I've beaten will come up and say: "Oh, Mrs. Clarke, remember me? I was in your second-grade class."

My husband and sons really root for me. My oldest son is a very good runner and just keeps harping at me to work harder. He says: "How come your time isn't better?" And I say: "Listen, kid, do you know how old I am?" "Yes," he says, "but if your training were better . . ." My husband can't run because he has emphysema, but he encourages me. He chauffeurs me to every race and then cheers on the sidelines. He sews as a hobby, and he's made me some beautiful running clothes. We've been married fifty-three years, and he says I've never been in better shape.

I certainly feel wonderful. I'm up at five each day. I drink two glasses of water, and then I run five or six miles in all kinds of ghastly weather.

Back home I switch gears, change clothes and head for the Y to teach fitness classes at the same place where I was once an almost hopeless case. Recently I was named one of the ten best instructors in the Chicago area. Many of my students are in the same boat I was in when I started exercising. They tell me: "Oh, I can't do anything." And I say: "Oh, yes, you can. You can and you will. I'm going to watch you and encourage you. Don't you want your aches and pains to disappear without medication?" It happened to me, I tell them. I cured myself of arthritis pain, and now my back is strong.

Just over a year ago I was a cover girl for *Running Times* magazine: senior runner of 1984. I have to hold that cover-girl image in my mind during a race like my last one. It was a half marathon and the most grueling running experience I've ever had. It was sleeting, and the wind almost blew me off the road, but I finished. "You silly old woman," I told myself. "You don't have to do this." But I'm hooked. I'll go on as long as the good Lord permits. I want to live long and die young. **End**

THE NEED TO LEARN

continued from page 85

would finish my struggle to make en
meet, a way to find a place in the wo
for myself that I could be proud of.
one entry, someone tells me Zoe an
are more like sisters than mother a
daughter. I know now this is because
had to grow up together.

Zoe is sixteen, the age I was whe
left home. I watch her change from n
ment to moment, a child in a woma
body, and I wonder how I managed
survive. I left home at sixteen to esca
from a family broken by my fathe
alcoholism and early death and
rooted by a move to another state a
my mother's remarriage. It was 19
the height of the hippie movement, a
I thought I would find the love a
flowers promised by the songs on t
radio. Instead, after spending all
money on a Greyhound bus ticket
found myself homeless on the streets
New York City.

This was not the life I had plann
for myself, growing up in the sm
town of Cicero, Indiana. I wanted to
the first person in my family to go
college. I was going to be a veterinari
or a doctor instead of being tired a
beaten down like my father when
came home from the factory, or in
unhappy marriage like my mother. E
in my eagerness to get on with my li
I soon found myself trapped with ad
responsibilities, old before I was e
able to be young.

The reality of life in New York C
was shocking. Because I was a hi
school dropout, I worked at any jo
could find. I was a file clerk, a sal
clerk and a nurse's aide. At nigh
studied for the high school equ
alency test. Then I met a man, a ha
some artist ten years older than I, a
fell in love. A year later, I was pr
nant and alone. I spent my eighteen
year looking for an apartment and t
ing to figure out how I was going
take care of a baby. Cradling Zoe wh
she was was born that July, I was t
rified. She was so tiny and fragile.

I did take the high school equ
alency test and get my diploma, b
going to college seemed impossible.
time was spent trying to get from
day to the next. We were on welfa
which I found humiliating, and we h
just enough money for food and rent

When I was twenty-one and Zoe
three, a social worker at the welf
department told me about a new j
training program. She said I might
able to go to college, and I began
think again about fulfilling my drea
I went to the training center and t
all kinds of tests and talked with
other people in the program *(continu*

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THE NEED TO LEARN
continued

about what kinds of jobs we would like to have. I wanted to become a nursery school teacher—to make me a better mother—but the only training available was for secretarial jobs. I was disappointed but saw this training as a way for me to get off welfare.

I learned to type and take shorthand, and a few months later, with my daughter in a day-care center, I got my first secretarial job. The money meant new clothes for Zoe, birthday parties and happy Christmases. But there were days when I would come home exhausted and cry from the boredom and frustration. And there was always my energetic little girl waiting for me to be her mommy.

When Zoe was five, a friend invited me to move to Maine with her. I did, and it was an important turning point. I was hired at a family-planning clinic as a medical assistant. I was trained to do medical tests and birth-control counseling, and for the first time, I understood how my own body worked and had the opportunity to share this knowledge and my life experience.

One of my co-workers, a divorced woman with three daughters, had recently graduated from college. She encouraged me to apply to school and told me about the financial aid that was available. I decided to try it.

So, at the age of twenty-seven, with a nine-year-old daughter, I enrolled in college. It had been twelve years since I had been in a classroom, and it was hard to learn to study again, to prepare for exams and write papers. I also continued to work full-time and often brought Zoe to classes or to the school library, where she did her homework. I had to juggle work, school and mothering, always with the feeling that I would never catch up. But I loved the challenge and knew I would continue until I got my degree, no matter what.

Every class I took became a potential career. I was going to be a psychologist, a historian, an English teacher, a geologist. Then I met a teacher who told me I was a writer. She encouraged me to study writing, and I began to write stories and poems. When I met the poet Audre Lorde, a powerful and exciting teacher, she made me feel that I couldn't continue to live if I stopped writing. I began to see my experiences as valuable and unique, my survival as admirable, not something to be ashamed of. I no longer felt I had to change who I was to find my place in the world.

Although I transferred to four diffe ent schools, moved four times a changed jobs over and over again, I d well in school and eventually won se eral scholarships. I started cleani apartments for a living, a job I lov because I could be my own boss, ma my own hours and have my mind fr to think. I was also hired as a writi tutor and later taught writing classe

Last spring, after six and a half yea of attending college, I graduat summa cum laude and Phi Beta Kap from Hunter College, in New Yo City. I was one of seven valedictoria and spoke at my commencement.

When Zoe graduated from gra school and junior high, I sat in the a dience and cried as "Pomp and Circu stance" was played, thinking I wou never see my own graduation. But n at the age of thirty-three, I was heari that song played for me. I cried, b this time with happiness and pride my own achievement. I had realized childhood dream. I had also learn that getting an education means a more than getting a degree. For me, has meant growing from an isolat despairing girl into a confide outspoken woman, eager to ta on the challenges life brings. An know this is only the beginning. E

WHEN LESS IS MORE
continued from page 84

knew my husband, Robert, senior vice-president of a courier company, had always loved me even though I was so heavy. Despite the absence of children, our marriage was rewarding to both of us. Still, I had reached a point at which I had to make a decision. I could continue being miserable and cut off from the world around me, or I could take charge and do something positive for myself. But by the time I woke up to the reality of my situation, I needed to lose one hundred fifty pounds. One hundred fifty pounds! That number seemed enormous—the equivalent of losing a whole person. I had tried dieting so often and failed. This time I was determined to succeed, and Robert agreed to help me in any way he could.

The Fourth of July weekend was coming up, the last major celebration for a while, so I decided July 5 would be Day One of my new life. My past dieting attempts had taught me that to lose those pounds for good, the weight would have to come off slowly. So I chose a nutritious eating plan that would keep me healthy while I lost weight.

Armed with this positive outlook, I fooled myself into thinking dieting would be a breeze. But after the first few days, I missed my junk food, sugars and starches. I felt forced into dieting, and I became angry and hostile. Still, I was achieving results. I lost nine pounds the first week. But I wasn't satisfied. I was feeling so deprived, I figured I deserved to lose fifteen pounds!

With this anger and resentment inside me, I don't know how I managed to continue. I think I realized this might be my last chance to change things for the better. I was tired of being a constant failure and wanted to show everyone that I could accomplish something besides balancing the books. But I was keeping the diet to myself. I didn't want people to say, "Alice dieting? So what else is new?"

The anger led to determination that I would do it. And I *was* making progress. The pounds were falling off beautifully. Because one hundred fifty pounds seemed overwhelming, I had established a series of twenty-pound goals. My wonderful husband rewarded me with flowers or balloons each time I reached a new twenty-pound mark. Usually, my resolve would wane when I'd lost about seventeen of the twenty pounds. But I would focus on the elation I always felt when I received those silver helium-filled balloons with CONGRATULATIONS! printed on them. I would then force myself to get the last pounds off so I could get that reward.

One day it dawned on me that I had lost more than sixty pounds. But not one person outside the family had noticed. The more I thought about the madder I got. My anger and resentment returned. Why was I torturing myself to lose this weight when no o cared enough to notice? I felt that wasn't losing it fast enough to ga anyone's respect and admiration. Th were still seeing the fat Alice. Desp overwhelmed me. I was ready to use as an excuse to quit, but I realized and it was an enormous brea through—that I couldn't let others d tate what I needed and wanted out life. I couldn't, no matter what, retu to food for my comfort.

The Thanksgiving and Christm holidays were difficult. Fortunately, husband was as determined as I ab my diet. We celebrated by spicing my diet recipes and focused our holid themes on presents and activities stead of food. On Christmas Eve, I d covered I had lost one hundred poun I received two dozen red roses as reward. I was excited and jumping joy. I was two thirds of the way there now weighed less than two hundr pounds. My hard work was paying o

I lost a few more pounds, but af the new year, I started dropping pound and then gaining two pounds was not cheating, and I couldn't und stand why my body was not cooper ing. This went on day after day for weeks, during which I became a bea live with. I was ready to *(continu*





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WHEN LESS IS MORE

continued

admit failure. Suddenly, after all those weeks on a plateau, the scale registered a drop of five and three quarter pounds.

Now people were noticing the weight loss. I started hearing greetings of "Hey, skinny." I loved it. I would even tell strangers how much I had lost just so I could see the disbelief in their eyes.

On May 5, I reached my goal weight of one hundred forty-five pounds. Words cannot describe my pride and elation and the love I had for myself that day. I had done it! Yes, I had help, but I was the one who made the necessary changes in my life to succeed. These days, I eat mostly fish, chicken and vegetables. If I splurge on an occasional Mexican feast or a pizza, I compensat the next day. Best of all, I like mysel I'm trim and active and free to focus o the world around me instead of dwellin on life's injustices. I know that losin one hundred fifty pounds doesn't mea my life is now perfect. But while mis ery may often knock at my door, it wi never again be my constant companio Hello, life. I'm ready for you! **En**

AND A TIME TO DANCE

continued from page 85

until marriage, motherhood and a full-time job crowded dance out of my life. In fact, I met Clive when he enrolled in one of my ballet classes, and while he's now a professor and I'm an editor, we have remained balletomanes.

That's why we were glad that our daughter would have the chance to study with Frank Ohman, whom we had admired during his long and distinguished career as a soloist with George Balanchine's New York City Ballet. And perhaps Stacey would perform one of the children's roles in *The Nutcracker*, which Mr. Ohman's Huntington-based professional company, the New York Dance Theatre, presents throughout Long Island every December. All in all, this seemed like a glorious opportunity for an eager little girl.

But as I stood in that reception room, peering through the half-open door into the large studio where lithe young dancers were leaping and swirling to the swelling strains of Chopin's "Les Sylphides," my feeling of happiness for my daughter was overshadowed by a surge of tangled emotions so powerful, I couldn't even be sure what they were. Grief, perhaps, over the dancer I might have been if I had forgone college at seventeen. Envy, maybe, of my own daughter. And passion, yes, with the same urgency I had always felt it—that irresistible urge to move to the compelling music, the need to dance.

Then I caught a glimpse of myself in the wall-to-wall mirrors lining the studio. I saw a matronly, middle-aged woman with a touch of gray at the temples of her serviceable cropped hairstyle. She was wearing a beige corduroy pantsuit cut to conceal twenty excess pounds. The contrast between that reflection and the leggy ballerinas in skintight leotards with their hair swept up in graceful chignons literally knocked the breath out of me. I had to fight back tears. True, at forty, I had a terrific life on all counts—an enduring marriage to a wonderful man, a fine eleven-year-old son, a lovely daughter, a job I adored, a nice house. Who was I to complain? But somewhere along the roads taken and not taken, a truly essential part of me had slipped away—the lean, healthy, vigorous, joyous person I had been when I was dancing. I wanted that back with a vengeance.

Yet before it was Stacey's turn to register, I had thought of plenty of excuses for ignoring my desire to dance again. I was too old, of course. Sure, Patricia McBride, a principal dancer with New York City Ballet, was forty-one, but a person that talented, a person who makes a good living at it, deserves to dance. Me? I'd just be taking time and money away from my family. Also, the idea of showing up in a skimpy leotard didn't exactly thrill me—and what about my hair? It was too short to pull back, and it's the kind that frizzes up until it looks like a wire soap pad when I sweat. So I enrolled Stacey, and we went home, where I shut myself in the bedroom for a good cry.

After that, I tried to forget how much I wanted to dance. Then came spring, and with it a profoundly sad event—the death of a close friend, just my age, of cancer. The news, even though expected, stunned me. We are mortals. Life is short. This is not a dress rehearsal.

The very next day, I went to the ballet studio, where I registered for the upcoming summer session in the adult-beginner class. When it came time for the first class, I tied a scarf around my hair and tried not to look at my jiggly thighs in the mirror. But then the music started, so beautiful and familiar, and the legs remembered *pliés*, and the arms remembered *port de bras*. My muscles, unchallenged for years, complained mightily, but I forced them to move anyway. And then Mr. Ohman spotted me. He said simply, "So you are a dancer."

That was all I needed. I was so sore the next day that I could hardly breathe, but I had made up my mind to really become a dancer once again.

In the months that followed, I went on a vegetarian diet and lost twenty pounds. I let my hair grow (and took care of those gray temples). I found the time to dance at least four times a week. And after pushing through a startling amount of pain, I learned to dance on *pointe* again and worked up to the advanced class. At one point, I was sidelined by a freak bout with blood poisoning that necessitated a week in the hospital for hand surgery at the site of the infection. But I had come so far with my dancing that I was dete mined not to let anything stop me. Th day after I got out of the hospital, sti dopey from the antibiotics and with m arm in a sling, I went back to clas Within a month, I was my old self, an to my amazement, I eventually deve oped the endurance not only to keep u with the younger dancers (even th teenagers), but to outlast them.

And best of all, my family has bee in my mother's words, "my bigge boosters." My son, Christopher, say he's proud of the way I look and glad I' leading a healthy lifestyle. Clive, wh has a knee injury and cannot join me i this rebirth, is still unfailingly sup portive. Stacey, of course, is delighte that we share an interest.

And beyond all that, there has bee a little glamour. By Christmas of 198 I was portraying Clara's mother in *Th Nutcracker* on the same stage wit guest artist Shaun O'Brien of the Ne York City Ballet. In January, M Ohman invited me (me!) to join th school's faculty. Then in July of 1985, spent a month's vacation from the offi studying and performing right alon with the other Ohman dancers.

For a week during that month, w were in Saratoga Springs, New Yor summer home of the New York Ci Ballet. One afternoon, Patric McBride, whom Mr. Ohman used partner, was rehearsing her leadi role in Jerome Robbins's "The Cage Supple, spirited, surefooted, she mov through the intricate steps with tr artistry. I have always liked her best all the New York City Ballet dancer And there I was, watching her up clos It was a supremely happy moment.

Later I realized that on that afte noon, for the very first time, my appr ciation of Patricia McBride was pure not tainted by envy. I can't dance t way she can, of course. But I'm dancin and I'm dancing well. That's enough f me. By Christmas 1985, I had fo *Nutcracker* roles. And when I'm too o to perform, I'm going to keep taki class and teaching. I never again wa to deprive myself of this exubera sense of being healthy and glad to alive. Needless to say, I'm grateful th I didn't let myself believe it was too la for this to be—once more with fe ing—my time to dance. **E**

ANN JILLIAN

continued from page 38

- an actress who has built a career, at ast in part, on her sexy good looks. Ann, however, says she definitely es *not* feel less attractive than before, d she has come through the ordeal a onger person. "When I look in the rror now, I'm happy with what I see. ee a strong, healthy woman. I have ver felt sexier. I have never felt more ve. I know my husband has never ed me more. He has proved it spiri- ally and physically. I am working, ing the things I like best. I am one of e luckiest women in the world."

It was difficult to be so optimistic one ar ago this month, when Ann's night- are with cancer began with the dis- very of a pea-sized lump in her left east. "During that time, I was work- g very hard in Las Vegas, Atlantic ty and Lake Tahoe," she says. She d just agreed to shoot twenty-two new ndicated episodes of *It's a Living*, a vival of her earlier ABC television medy of the same name, in which she arred as Cassie Cranston, a sexy, secracking waitress. She was also heduled to play the Red Queen in BS's two-part mini-series *Alice in onderland* (which aired last month).

"With all this going on, when my doctor said I could wait a few months before having a biopsy, I said, 'Great!' because that's what I wanted to hear."

Yet in late March, to her horror, Ann discovered a second lump—in her *right* breast. Desperately frightened, she called her gynecologist—on the day of her eighth wedding anniversary—and made an appointment. A biopsy showed that she had cancer, and it had spread to both breasts.

"I had the most common form of breast cancer," Ann says, "but it grew uncommonly fast in my right breast. Nobody knows why." Doctors ordered a modified radical bilateral (double) mastectomy. There was no possibility of saving her breasts; the only question was whether doctors could save her life.

At thirty-five, with her career at full tilt, Ann had her breasts removed. But she didn't let the ordeal keep her out of circulation long. Eleven days later, she astonished everyone by returning to the set of *Alice in Wonderland*, ready to continue shooting.

Learning to love again

Ann has stretched out her five-foot-eight-inch frame on a beige sofa in Andy's office as she tells her story. The office and an adjoining rehearsal hall are in a separate studio in the couple's backyard, behind their pleasant, unpretentious two-bedroom home in the San Fernando Valley. Sneaking a look at Andy, who has been sitting at one end of the sofa listening quietly, Ann begins to describe how her surgery affected her marriage.

"A woman has to be *shown* that she's loved. There's no doctor, there's no psychiatrist—nothing can salve a woman's turmoil as much as her husband can," she says. "As a woman, you want to offer yourself one hundred percent to your husband. I was worried, and I felt sorry for Andy. I knew he would have to go through an adjustment as well," she says haltingly.

"I used to worry for hours about how my husband was going to deal with a woman, his wife, who has had her breasts cut off. I used to wonder, Am I going to be totally undesirable?" She searches for words. "To a certain degree you feel there will be repulsion rather than attraction," Ann says, her hazel eyes getting misty.

It is hard to deny that today Ann looks different from the almost teeny-bopper-cute young woman she was before her surgery. Her weight shot up to a hundred and sixty pounds as a result of chemotherapy. Her *(continued)*



ANN JILLIAN

continued

doctors said the treatment was optional, but Ann decided to take it as insurance against the spread of the disease. The chemotherapy also resulted in slight hair loss and bouts with severe nausea. And because of possible adverse reactions to certain chemicals, Ann has not been able to dye her hair its trademark shade of blond. As a result, she has been wearing a wig in public, because her own hair, looking slightly punk, is today mostly brown with icy platinum tips.

"I feared Andy wouldn't want to touch me," Ann confesses, as her husband shakes his head and reaches to take her hand. "But he wanted to touch me as soon as I came home from the hospital," she says, brightening. "And I really wanted him to, but for me it was a frightening thought."

Ann waited six weeks before she let her husband see her naked. As it happened, her fears about losing Andy's love and affection were unfounded. Things went well, and, Ann recalls, "I said, 'Thank you, Lord.' I've got a guy who really, really, really loves me."

Andy smiles at his wife. "I had to let her know that there wasn't a spot on her body that was taboo or repulsive," he says. "I knew we had to get our feelings about her body out in the open. That whole area had to be looked at, caressed, explored, so we could get on with our lives.

"She was very reluctant at first," he continues, looking at Ann. "I overcame that by helping her dress. Because of

arms all the way, and she needed me
help her. She'd cover her chest as muc
as she could, but occasionally h
blouse would pop up, and she'd try
grab it and hide herself. I'd say, 'Who
take it easy.' This wasn't going to kee
us apart."

Ann's reaction to their postoperati
sex life is equally positive. "My breas
may be gone, but the feeling isn't," sh
says. "When Andy touches me ther
the sensation is the same, if not heigh
ened. From what I understand, whe
nerves are closer to the skin, the sens
tion is far more immediate and intens

"A man can't fake his sexual fee
ings," Ann continues, patting And
knee. "He either can perform or
can't, so I was very gratefully surpris
that nothing had changed. Sexually,



everything we did before, but there 't a thing we take for granted. ıenever we make love now, it has an :irely different tone. It means much re. We couldn't feel any closer.

Tenderness was always a part of our emaking," Ann adds, "but now we asure it even more. We *wallow* in it. wonderful." In fact, Ann says, the ıple have rediscovered kissing. "It's ın terrific. We feel like kids courting."

While Ann talks, Andy's eyes never ve her face. "I keep hearing her say v she wants to give her husband one ndred percent," he says. "Well, she es me two hundred percent—and ıe of it has to do with breasts. I'm ty-four years old, and I'm not a little anymore. Ann doesn't need breasts me to make love to her."

Looking at Ann, wearing prostheses der her jogging suit, no one would ır know that her breasts had been noved. She and Andy decided ainst reconstruction. "The thing out reconstruction," Andy says, "is at if you say you love somebody, why ı hell would you want to send her der the knife for more surgery?"

Ann is not as quick to judge women ıo choose reconstruction. "It's a per-ıal choice, and either way you have put up with certain consequences." r Ann, the consequence is that she ars prostheses—two silicone sacs at slip into her brassiere. "They're usually like breast tissue," Ann ys. "They become warm with you, ey're very pliable, there is a natural unce to them, and once you've be-me accustomed to them, they feel like ıatural extension of yourself."

Reluctant sex symbol

ıother factor in deciding against re-nstruction was that Ann didn't feel it ıs necessary for her career. "The roles ılay don't call for a grandstand dis-ay of skin. I've never done a nude rt, and now I can relax about cleav-e." In fact, with the prostheses in ace, Ann can wear almost everything her old wardrobe—even a strapless ess. "My doctor is so gifted that my ıaling has been beautiful, and in time e initial scar is going to whiten and nd of relax into the skin. It's not as ly as I thought it was going to be. It's ıt ugly at all."

This must be a relief to Ann, whose ond and sexy appearance has at least rtially influenced the roles she has ıen chosen for throughout her career. ıat career got off to an early start—nn landed her first role at age ten, aying Little Bo-Peep in a remake of *ıbes in Toyland*, and at twelve, she aying sister Dainty June in the movie *ypsy*. But she didn't get her big eak until 1979, when she was hired for *Sugar Babies*, starring Mickey Rooney and Ann Miller. With her ability to clown, sing and dance—coupled with her striking looks—Ann was a sensation. Hollywood called with TV offers even before the show finished its run.

Ann's career blossomed in the eighties. After the first run of *It's a Living*, between 1980 and 1982, she won an Emmy nomination for her portrayal of Mae West in a television movie. She co-starred in the big-screen box-office smash *Mr. Mom*, followed by her lead role in NBC's *Jennifer Slept Here*. She was nominated for an Emmy again for her part in last season's *Ellis Island*.

There has been at least a superficial similarity in many of Ann's roles. Her Cassie Cranston character, in *It's a Living*, clearly has sex appeal. As Mae West, she played a legendary sex goddess. Her Jennifer Farell character, in *Jennifer Slept Here*, was styled, in part, after Marilyn Monroe. And in *Ellis Island*, she played Nellie Byfield, a scheming showgirl. But while her looks contributed greatly to her success, Ann was always a reluctant sex symbol.

"I resent it when someone thinks that I have been a sex symbol. I have not been a sex symbol," she says defensively. "You name me a sex symbol who got two Emmy nominations."

It's not that Ann denies that she has sex appeal; it's just that she feels it is not the basis for her success . . . and that her sex appeal had—and has—little to do with breasts. "I used to think breasts were a big part of being sexy," she admits. "Now I know that's not true. Sexiness comes from being a sexual person, and that I know I am. Sensuality is an attitude. When I had to reproduce that attitude onstage or in front of a camera, I would dig into those feelings and turn them on. Sensuality comes from within, and although large breasts can be sexy, there are lots of other factors involved."

No looking back

Ann's chemotherapy recently ended, and her project now, she says, is "to lose weight, because being heavy has made me frustrated. I'm going to get back on my exercise program, go to the gym and get my weight down to one thirty-five. I'll avoid red meat and stay on whole grains, salads, vegetables and fruits."

Another priority for Ann is to continue to speak out about breast cancer, which strikes one in eleven women. "What I'm advocating is early detection to save lives, above all," she says, "and to save the breasts if possible. I am also a great advocate of surgery *(continued)*





"Ordinarily," Ann says, "it wouldn't have been a decisio The producer would have said, 'Ann, I love you, honey, but w have a multimillion-dollar production here. We'll work t gether some other time.'" Instead, Allen listened to her plea that returning to work would be the best medicine for he Allen, backed by CBS Entertainment president Bud Gran said he would shoot around her. It was a generous gesture- had Ann not returned, it would have cost a fortune.

There have been other encouraging signs, too. Ann wa offered the role of the sexy French maid in the movie *Clu* but her *It's a Living* shooting schedule made it impossib for her to accept the job. "The offer alone made me fe great," she says, beaming. "It was just what I needed."

And this month Ann begins shooting *Dead Ringer*, remake of a 1964 Bette Davis film, for NBC. And she' also be starring in *The Ann Jillian Biography*, for NBC, t air sometime this year. "I just love to be in front of camera," she says. "I want to please people. I know tha sounds corny, but that's all I want to do. If I never win a Oscar or an Emmy, I'm tickled to death just to be nom nated. The main thing is that I get a chance to perform That's what I've wanted to do ever since I was a little gir and in that respect, I've never grown up.

"I can't wait to get more energy to go out and enjoy life Ann continues, "but I realize that slowing down and gettin more rest is conducive to getting my strength back. I' always liked to have a full schedule, but now I'm thinkin that Andy and I have to put time aside for ourselves, to take vacation even if it means passing up a job."

That appears to be just fine with Andy. He smiles at h wife. "Ann's a beautiful girl who has become more beaut ful inside," he says. "That inner quality will be with he forever, because that's part of her, something that nobod can take away by surgery." En

ANN JILLIAN
continued

if it is necessary, and then of getting on with life afterward, because there *is* a life afterward."

Ann is proud to lend her voice to the cause of early detection, but she is also cautious. "I'm very happy to use my prominence to campaign for early detection, but I don't want to be forever associated with cancer," she explains. "I want my tragedy to become a thing of the past. My career will not be built on an operation.

"The cancer is gone now," she continues. "There was no lymph node involvement; all the blood tests were negative. I had every test there is, and there's no known cancer in this body. I'm not going to walk around biting my nails thinking I am going to get cancer again. I won't stand for that."

But there are times when even the brave falter, Andy says. "She goes into the formal dining room and sits there in the dark when she needs to cry. Sometimes just a remark sets it off, sometimes looking at a photograph. It happens less all the time."

Her husband's unwavering support helped Ann through a difficult adjustment period, but even that might not have been enough if her colleagues in the entertainment industry hadn't been equally supportive. If she'd had any fears about being barred from the stage or screen after her surgery, they quickly abated. NBC president Brandon Tartikoff, for whom she worked in *Jennifer Slept Here*, praised her as "a good actress and a solid performer. I can't think of a reason why she wouldn't be employable now."

Ann has already overcome several career hurdles, the first when she had to tell *Alice in Wonderland* executive producer Irwin Allen and CBS that she had to have a mastectomy—right in the middle of shooting.



ONE FAMILY'S PROBLEM

continued from page 36

t that Daddy would not be able to
s or hear. Greg had been so close to
ng killed himself, he needed to move
n feeling helpless to an active, cop-
position. He also needed to see that
rything possible had been done for
ldy but that there are some injuries
serious for anyone to cure.

When Maggie told me that Greg
l merely stared when she told him
t his father would die, I explained
t this was Greg's way of absorbing
emotional shock. Three-year-olds
fascinated with death in the ab-
act, but on a personal level, his
ldy's death was too much for him to
e with. He was saying, in effect: 'If I
n't think about it and don't respond,
n it isn't true.'

At my suggestion, Maggie talked to
eg about what it means to be dead.
ll, developmentally, at three and a
f Greg needed to believe that death
s reversible. I urged Maggie to take
eg to the burial, because it was crit-
l that he get a vivid, graphic image
keep in his mind so he wouldn't ex-
t his daddy to come back.

I suggested that Maggie come to see
weekly during the next few months.
hough Greg came with her on cer-
n occasions, it wasn't possible for
n to accompany her on each visit.
t I felt certain that in talking, I
uld be able to help her cope with her
n feelings, as well as Greg's, in the
ermath of the tragedy."

THE PROBLEM, CONTINUED

ter Ted's death, it took so much en-
gy just to get up and out some morn-
gs," said Maggie. "But I knew I had
go on if I was ever going to get
ough it. Ted always used to say, 'The
ow must go on,' and even when I felt
ful I knew I couldn't give up; he
uldn't have wanted me to."

Maggie learned from Kliman that
ny of her relationships would be-
ne strained, and indeed, she found
at relatives and friends had trouble
derstanding her sudden bursts of an-
r. But Kliman encouraged Maggie to
her feelings out, explaining that if
e didn't, they would build up inside
r and become worse.

As time passed, Maggie noticed that
eg was getting bossy and fighting for
ntrol whenever she told him to do
mething. Kliman told her that al-
ough this was something four-year-
ls normally do, it could also be a con-
uing reaction to the tragedy and the
t that no one had been able to stop it.
eg was testing his mother to find out
hether she could stop him, Kliman
id. He needed desperately *(continued)*

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As seen on page 80

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to know that she could—and would.

Kliman had explained to Maggie that as an adult, her mourning would be different from Greg's—more immediate and concentrated. Maggie missed Ted twenty-four hours a day at first. Accustomed to a daily life of sharing, she felt burdened, lonely and exhausted. As time passed and she met new people, she felt even lonelier.

But Maggie worked through the pain and gradually arrived at a point where she could begin to find happiness. However, there were still difficult times, such as birthdays and anniversaries, that could temporarily catapult her back to a pain so intense that she felt as if the accident had just happened.

"Ann explained to me that things were even more complicated for Greg," Maggie recalled. "He seemed to be over the worst of it quickly, but she thought that by the time he reached six he would probably start to suffer from more fears and anxieties as he struggled in a new way to sort out what had happened."

It was in June of 1984—two and a half years after the accident—that Kliman's forecast came true. Greg, who had been a sunny and outgoing child before the accident, had grown increasingly tense and fearful. Now, at the end of his kindergarten year, many dangers seemed to lurk in his world. He had also developed such a dramatic fear of sharks that when Maggie went for a swim near their rented beach house, Greg had become hysterical—terrified that his mother would die.

Maggie was also concerned about Greg's denial of his father's death. He had begun telling other children that his parents were divorced and his dad was just away. Kliman suggested that this would be a good time for her to take Greg to see another psychologist. Dr. David Abrams was one of the experts she recommended.

ADVICE FROM AN EXPERT
DAVID M. ABRAMS, PH.D.

Dr. Abrams is senior clinical psychologist at the Center for Preventive Psychiatry and supervisor at the Postgraduate Center Child and Adolescent Analytic Training Program in New York City.

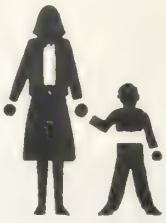
"I did a complete psychological evaluation of Gregory Butler in June 1984," said Dr. Abrams. "He appeared to be a gifted child, but he had fears and anxieties that got in the way of his ability to use his intelligence fully. I felt that regular treatment now was critical.

"With Maggie present, and sometimes Greg's grandfather, we began to work with Greg on his greatly intensified fears, of sharks primarily, but also of a whole range of improbable dangers. These were what we call displaced fears: Greg was unconsciously reacting to the trauma of his father's death. He felt that the whole world was hazardous, that accidents would happen and that he would be without support.

"We addressed the fears in a realistic way; we even used books about sharks and their habits—Greg's own idea—to help Greg know that it really was safe to swim at the beach and also that he had plenty of serious adult support.

"Gradually the fears began to recede, and Greg felt strong enough to face the trauma again and clarify the distortions in his mind. Now that Greg was older, he needed to get the facts clear and draw a distinction between what really happened and the nightmarish memory his own confused and terrified imagination had pieced together.

"For example, Greg's account of the accident was that the car had blown up. He also thought that a snowball had come down, growing bigger and bigger until it hit the car.



Greg blurted out, "Mom, you went for soda and Daddy died. Why did you have to be thirsty? It's all your fault!"

"It was important for Maggie to know that what Greg was describing was what he was feeling; that his whole world had figuratively blown up when his father was struck. The falling ice had not been the literal snowball in Greg's memory, but it had had that very impact on his life. Maggie was a great help: Instead of correcting Greg, she asked him questions, giving him lots of room to work through his feelings.

"Predictably, the issues of blame and self-blame came up. It took Greg a long time to express—and even let himself know—that he was angry with his mother and felt guilty about it. He had the lurking fear that God would punish him for those feelings by taking her away from him, too—which was the source of his terror about the sharks. As he confronted these feelings, he blurted out one day, 'Mom, *you* went away for soda and Daddy died. Why did you have to be thirsty? It's all your fau

"Greg needed to understand that though he had a right to feel this way, l mother had suffered a terrible loss, too

"Greg was also struggling with overwhelming sense of personal fa ure. He felt that if he had only be able to warn his father or get out of h seat, he could have somehow kept h dad from getting killed. In response, zeroed in on actual details, such as t fact that he had been in a seat made such a way that a three-year-c couldn't get out of it alone. Th small but important fact made a de impression on him.

"Not surprisingly, the more Greg w able to express his guilt and anger t less fearful—and the freer—he felt.

"By the spring of 1985, he was enjo ing life as a normal, active six-year-ol

UPDATE: AUGUST 1985

"Greg was recently tested by an ind pendent psychologist and was found be in the gifted range," said Magg "And I can see that his 'ghosts' are longer haunting him. Now he's vibra and spontaneous, and he loves t ocean. Friends have commented ho much more relaxed he is.

"I have to emphasize that Greg w never a problem child, and his behavi was always fine in most people's eye But inside he was suffering deep Now, thanks to his therapy, he isn't u tight anymore, and he doesn't feel a anxious need to protect me. He tel people in a natural, unembarrass way that his father is dead. Once agai he is a joyous and confident child.

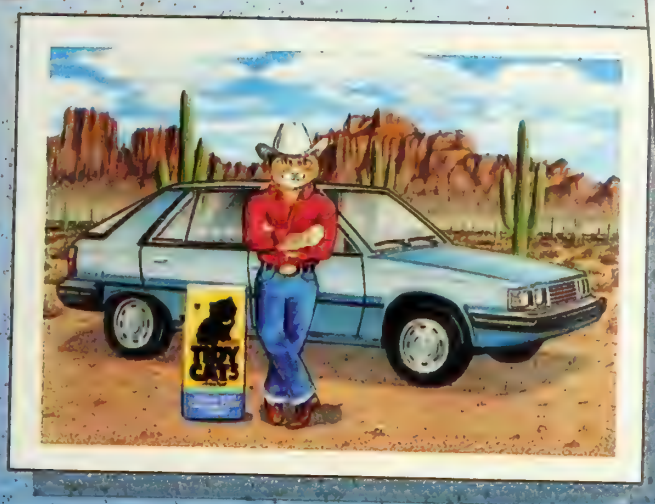
"I, too, am satisfied with my life. would never have chosen to live wit out Ted; but I didn't have that choic I've learned that we can't control wh happens, but we can choose how we r act to it. I've worked very hard building a new life, and I'm happi involved in a serious relationship.

"Greg is finished with his therap but Dr. Abrams says he may need add tional help in the future, at puberty, perhaps when *he* is thirty-eight [Te age when he died], or when Greg is t father of a three-year-old. But this on means that as people go through deve opmental changes, they often need go back and rework in more matu form what they worked on before. A Kliman agrees with Dr. Abrams—th Greg will most likely grow up to be healthy, competent, productive perso

"Greg used to say, 'It's not fair th Daddy died.' And I'd say, 'You're righ Greg. Life is very unfair sometime But we don't have to throw in t towel.' It takes a lot of time and a lot work, but the point is, no matter ho terrible an event is, with the right su port, you can build a new, full life." **En**

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HEATHER THOMAS

continued from page 89

with helping her overcome destructive cocaine and diet-pill abuse.

Today Heather is glad to talk about how her life is changing as a result of her marriage last August. "Major changes," she says happily. She's looking forward to new acting projects, having children "in a couple of years" and spending time with her husband when her show, *The Fall Guy*, goes on hiatus. "Sometimes I feel like I see Allan only in the dark; I leave so early in the morning that he's still asleep, and I don't get back until night."

Heather is also more than happy to talk about how she keeps herself in such great shape.

"My schedule is very hectic. When we're shooting *The Fall Guy*, I get up at four, and I'm on the set by five-thirty. I often arrive with my hair wringing wet. But I don't wash it every day, because there's so much done to it for the show, it would probably fall out!—so I blow-dry it and then put on my makeup. The makeup man showed me how to give myself a mini-facial every day using toners, clay masques and facial exercises. My workday usually lasts until six-thirty or seven-thirty.

"My role [as a stunt woman] is a very active one," she continues. "But I try to exercise in the mornings anyway. And always at night—it helps me eat less at my evening meal. I keep in shape by jogging—I'm up to four miles. And I try to mix running with sit-ups or aerobics. I don't always feel like doing sit-ups when I get home. But when I do them, I'll do a hundred at a time. My schedule doesn't allow me to take exercise classes, but there are plenty of tapes available. It's important to believe exercise is a treat, not a punishment."

Heather has the same feelings about diet—that the rewards far outweigh the deprivation. "I try to eat as much as possible in the early hours of the day, and as little as possible after four o'clock. And I feel a real victory when I leave food on my plate. A big cheat for me is mayonnaise with my tuna fish!"

But Heather insists that her routine is neither depressing nor Spartan. "You have to keep your goal, the rewards, in mind. And I do pig out once in a while . . . then I go right back to eating properly. But I really think the most important thing is not to feel guilty about what you eat. When I get down on myself, I tend to get heavy. If you concentrate on the negative, you just get nervous and eat more."

What's the best beauty tip Heather ever received? "Feel good about yourself," she says emphatically. "Beauty really does come from within." **End**

THE KIDS NOBODY LOVES

continued from page 46

behavior. One study found that 66 percent of the girls and 48 percent of the boys questioned had attempted or considered suicide.

- Street kids are afflicted with a wide variety of physical problems as well: frequent infections, decaying teeth; peptic ulcers, chronic coughs, and colds and fatigue.
- Seventy percent use some form of drugs or alcohol.
- They are more sexually active than their peers with homes. One study found that nearly 75 percent had engaged in intercourse and one third of the girls had been pregnant at least once. And girls who have a baby often perpetuate the cycle of homelessness and deprivation into the next generation.

Throwaways, experts agree, often become criminals within two to six weeks of landing on the street. Because throwaways are too young to hold jobs, laws designed to protect them operate to keep them from legal earnings. As a result, panhandling, purse-snatching, and selling drugs become sources of income; prostitution, of course, is the most obvious way to make money.

In addition to facing a life of crime and the disease and danger that go with it (AIDS has made casual street sex even more life-threatening), throwaways must concentrate all their efforts on survival. The most pressing concern is shelter. As a result, coast towns are big draws for throwaways because beaches serve as all-night crash pads. Big cities also have much to make them attractive to homeless youth: subways, all-night porn theaters, bus terminals, railroad tunnels, and abandoned buildings and vans. When no place is available indoors, there is always the street, and stealing sleep in doorways, on park benches, under bridges or curled in alleyways is not uncommon.

Food is an equally urgent concern. Throwaways go to soup kitchens or churches that offer free meals at least once a day. Because there are often no second servings, many youths learn the schedules of several places so that they can eat three meals a day. Others beg or steal, or raid public trash cans or bins behind restaurants.

Street kids make an effort to stay clean. Bathing, however, often means little more than splashing in a sink in a public bathroom until they can sneak into a gym shower or collect enough money with other throwaways to rent a room in a flea bag hotel.

Clothing is frequently obtained from churches or charity groups, and the days and hours of giveaways are men rized and strictly observed. Some of t kids wear their clothes till they are dirty they have to be thrown away; o ers, who have learned how to jim open bus terminal lockers, sometim clean and store clothes.

Medical care falls to free clinics—t hospital emergency rooms when problem becomes life-threatening. Ve often, illnesses or injuries get to th stage before something is done. O homeless fifteen-year-old boy in Fo Lauderdale lost a finger to gangre when an infection from a cut on a rus beer can went untreated.

As gruesome as these conditions a throwaways do manage to survi them. "It's kind of a norm for hom less kids," says the Reverend Leona Schneider, executive director of T Emergency Shelter in New York Ci "That's the saddest part—that tee agers can acclimate so quickly and easily to depravity and pain and acce it as a normal experience."

The struggle to help

Ultimately, who is responsible for t fate of these throwaways? "Everyone responsible," says Senator Hawkin And to some extent, city and sta agencies and the federal governme have tried to shoulder that responsib ity. The National Directory of Runaw Programs today lists nearly 350 sh ters for runaways and throwaw across the nation, many of which t not only to feed and house throwaw but also to get them back into school into job-training programs.

Still, shelters face limitations. B cause funding is so meager, salaries f counselors are often inadequate, a some shelters can provide beds for on 1 percent of all those who need the But the problem does not lie entire with the shelters. One major stumbli block is getting throwaways to tru adults enough to ask for help. Thro aways, having grown addicted to th anarchy of the street, frequently rese even the slight restrictions and curfe of shelters. They develop a street me tality, identifying more with oth throwaways than with any life th may have known before. "It's a difficu lifestyle to break out of," says Coug lin. "Throwaways begin to feel th they've made it. They feel they ha some control over their lives, no matt how bad that life is." Other throwaw have just given up by the time they fi their way to shelters. Says There Simmons, a child-care worker at Pr ect Enter in East Harlem, "The kids work with have no respect for the selves. They'd just as soon kill you kill themselves. You can't undo the whole lives in seventy-five days." (Mo

elters can keep kids for only a very nited period of time—usually just o weeks—during an initial stay.)

Efforts to find solutions are being ade across the country, however. The ue of outreach programs—in which nselors go out to find kids on the eet, rather than wait for them to lk in to shelters—is being recog-ed. And when federal funding has len short, foundations, corporations, ic and religious groups, and individ-ls have stepped in to take up the ck. Additionally, several states—w York, West Virginia, Wisconsin, kas, Florida and Oklahoma—have ocated money to aid throwaways and ier homeless youths. But much ore remains to be done.

"We need to rethink our social struc-re," says Dr. Carol Caton, a medical ciologist at Columbia University, "so at we involve children in our society a greater extent from an early age. e should rely less on parents who are equipped or unwilling to raise their ildren. We need to place a higher lue on surrogate parents and recruit od people for jobs that are now, unfor-nately, not highly valued." Others ve suggested teaching parenting ills at a very young age, and instruct-g teachers to be on the lookout for oubled children or children who start ipping classes frequently.

Despite good intentions, however, so-al agencies can address only the sics; what throwaways want most is be loved and wanted. "Institutions n't tuck you in at night," says Trudee ble-Peterson, an outreach counselor r New York City's Streetwork Project. ust because you're in a place that's ean and has food doesn't mean you're ved. At least on the street there's an usion of family and love. Street kids ook together in a kind of pseudo-fam-y—that's my homeboy, that's my omegirl. They're best friends for life, nd they may have known each other ree or four weeks. But in their earts, these kids feel they don't belong nywhere," Able-Peterson says. "They on't ever realize the dream of a fam-y, of a mom and dad who want them nd take care of them."

Kim is a thirteen-year-old girl with ie manner of a thirty-year-old. She as discovered there is safety in num-ers and belongs to a gang of throw-ways called the Bad Boys. Kim and er group sometimes make their home the dangerous tunnels under Grand entral Terminal. They steal the seat ushions out of Amtrak trains and are areful to stay out of view of the cam-ras that monitor the tunnels. Their nderground home is always swelter-ng, and there is a constant, sinister iss and rumble of trains overhead. In addition, there are rats and exposed electric rails to beware of.

When Kim isn't in the tunnels, her home is on a desolate block on the West Side of Manhattan. On the corner is a lot filled with stripped taxicabs, two small ice trucks and a van, all abandoned. It is inside these trucks that Kim and others sleep and "turn tricks." Rusted cans, broken glass and discarded condoms litter the area.

Kim is closemouthed about her life on the street, but one of the older boys, nicknamed Serious, talks for the group. "Everyone has a dream of a family and a decent place to live," he says, "but only a few of us will ever have it. One third of us will be killed before we're thirty, another third will be in mental institutions or prisons, and—how many thirds are in a whole?—the other third will slit their wrists. It's like realizing you can't wake up from a nightmare."

The gang dissolves into horsing around. The boys shadowbox, and Kim teaches one of them how to slow dance. From a distance, they look like any other group of teenagers relaxing and laughing on a sunny afternoon. But life is rarely so carefree for throwaway kids. "We live for the few good times we make for ourselves," Serious says. "But we pay a big price for happiness. Some of us die trying." **End**



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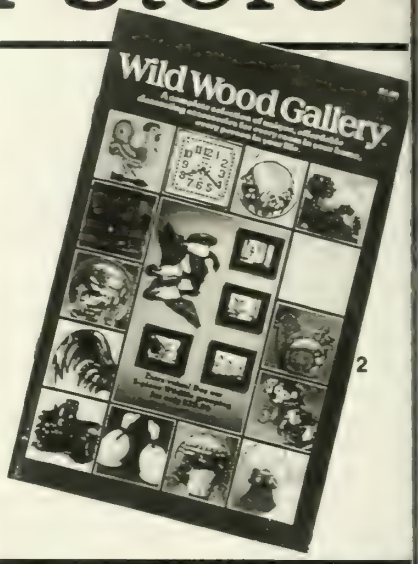
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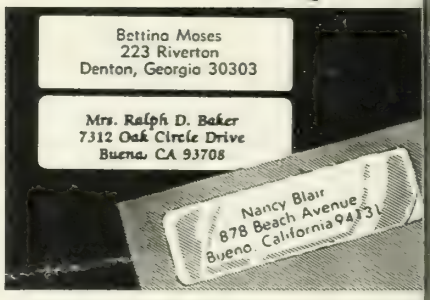

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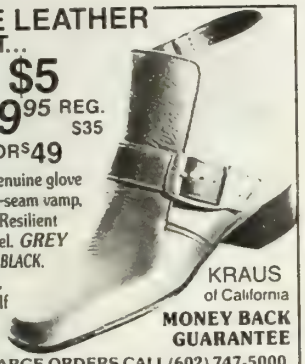


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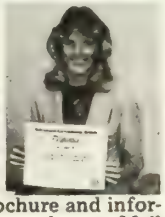
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—Louise M. Galash

OUT OF THE MOUTHS OF BABES

"My three-year-old nephew and I were pounding on the piano together when he suddenly noticed the foot pedal. "You stay up here and play," he said as he crawled underneath the piano, "and I'll go down there and step on the gas!"

—Debra Dean, Artesia, CA

Recently I pulled up to the drive-in window at the bank with my two-and-a-half-year-old daughter and my ten-month-old twins in the car. The teller asked how she could help me. Immediately, my daughter replied, "I'd like a cheeseburger, french fries and small Coke, please!"

—Nancy Viglianti, Lansing, MI

FOR BETTER OR FOR WORSE **By Lynn Johnston**



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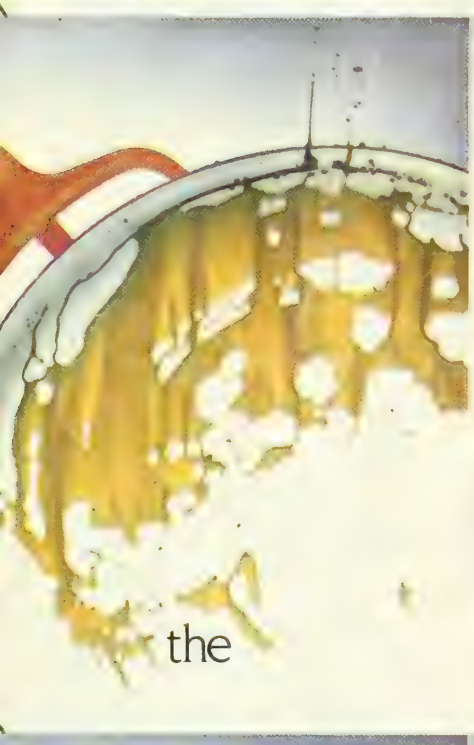
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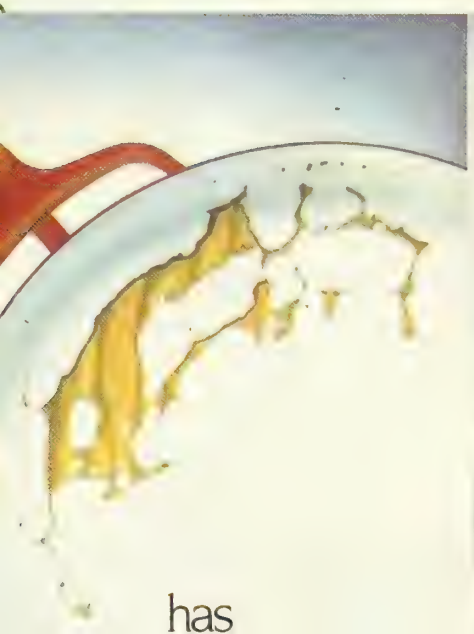


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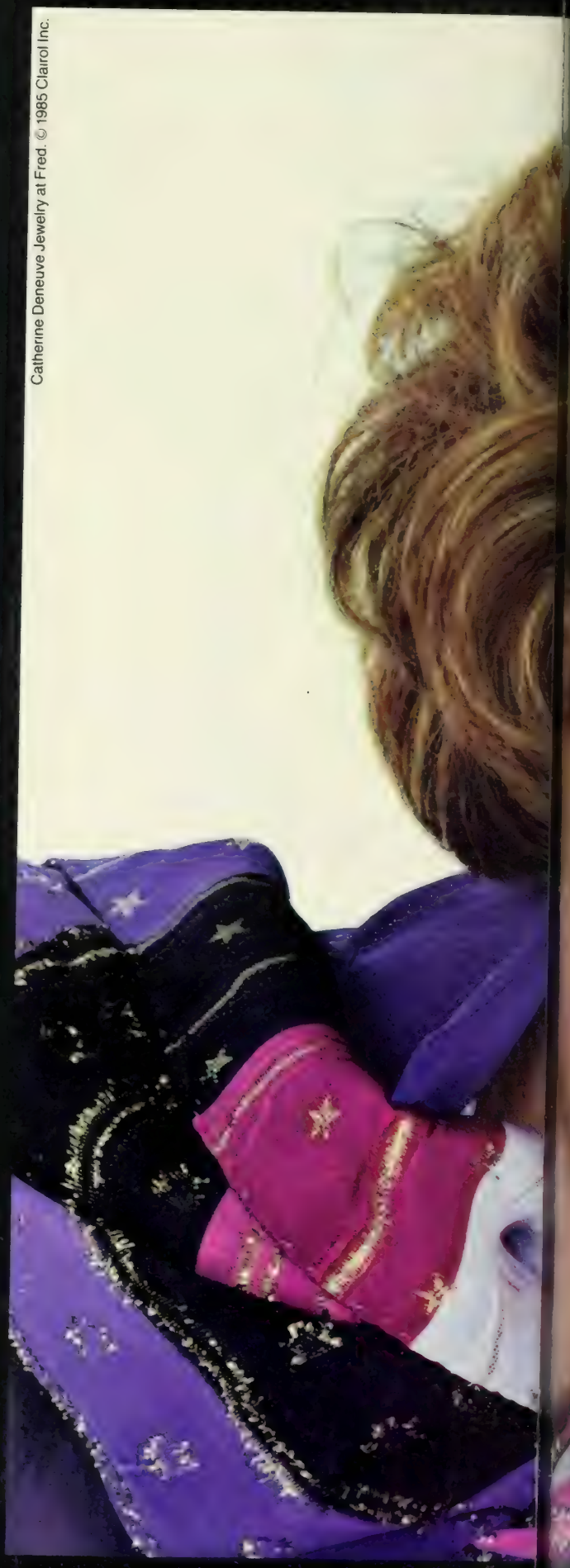
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on their funny, sad lives

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EDITOR'S JOURNAL

TELL HIM YOU LOVE HIM

By Myrna Blyth

This month's Valentine's Day has me thinking about the ways a woman shows her loving feelings to the man in her life. Of course you can send him a valentine (my husband and I once sent each other the *same* card, which might strike you as a little peculiar but struck us as *very* romantic). But it seems that besides the card and the shaving lotion we buy our guys, we ought to do a little more.



Remember those books that were published a few years ago that told you the best way to show him you loved him was to dress yourself in plastic wrap and nothing else and greet him warmly at the front door? (Personally, I always feared my husband would take one look and say, "Oh, leftovers again?") But seriously, there are some little things we can do, some little gestures we can make that can really mean a lot. I talked about this with the staff one day, and we came up with a whole bunch of loving suggestions.

For example, Articles Associate Diane Salvatore thought that for a whole week you should not complain about his one truly irritating habit, like hogging the covers, which usually drives you crazy! Of course, at the end of the week you really have to point out that you haven't complained, or he might think you've grown to prefer shivering under the sheets.

Senior Articles Editor Robbie Gran believes that giving him a massage wil have him feeling loved im mediately and buying hin season tickets for his favorit sports team will make hin feel loved for months.

Food Department Assis tant Bernice Mittman tol us she can't resist buyin her husband little gift whenever she sees something appro priate. She gives them to him afte dinner as part of his just desserts.

Executive Editor Sondra Forsyth Enos had a couple of lovely ideas When the alarm rings at whatever ungodly hour you both have to get up kiss him gently instead of elbowing him in the ribs. And you should actu ally wear all that sexy lingerie he's had the courage to buy for you every Valentine's Day since the beginning of time. And no, you are not too fat and yes, he really does want to see you in black lace.

Some other ideas: Buy him something indulgent that he wouldn't buy for himself, like a leather card case, a luxurious muffler or cashmere socks. One of the men on our staff, Associate Articles Editor Eric Sherman, claims that just whispering "I love you" in his ear will work. At least it always works for him.

Let me know if these ideas were especially successful and if you have any surefire tips of your own. Happy Valentine's Day!

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Welsh Rabbit

4 servings

2 tablespoons butter
4 cups (16 oz.) shredded sharp Cheddar cheese
1 tablespoon Worcestershire sauce
½ teaspoon dry mustard
Dash Cayenne pepper
2 eggs, slightly beaten
½ cup light cream OR half and half
2 English muffins, split, toasted, buttered
4 slices Canadian bacon, about ½-inch thick, heated
4 slices tomato, about ½-inch thick

Melt butter in 2-quart heavy saucepan over medium-low heat. Add cheese, stirring constantly until cheese is melted. Stir in Worcestershire, mustard and Cayenne. Combine eggs and cream. Remove cheese mixture from heat. Stir in egg mixture until well blended. Return to medium heat and cook until thickened, stirring constantly. To assemble, place one English muffin half on each serving plate. Top each with a slice of hot Canadian bacon and a slice of tomato. Spoon about ¾ cup rabbit over each. Serve immediately.

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LADIES' HOME
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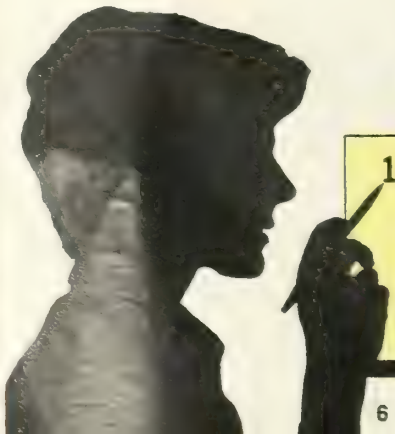


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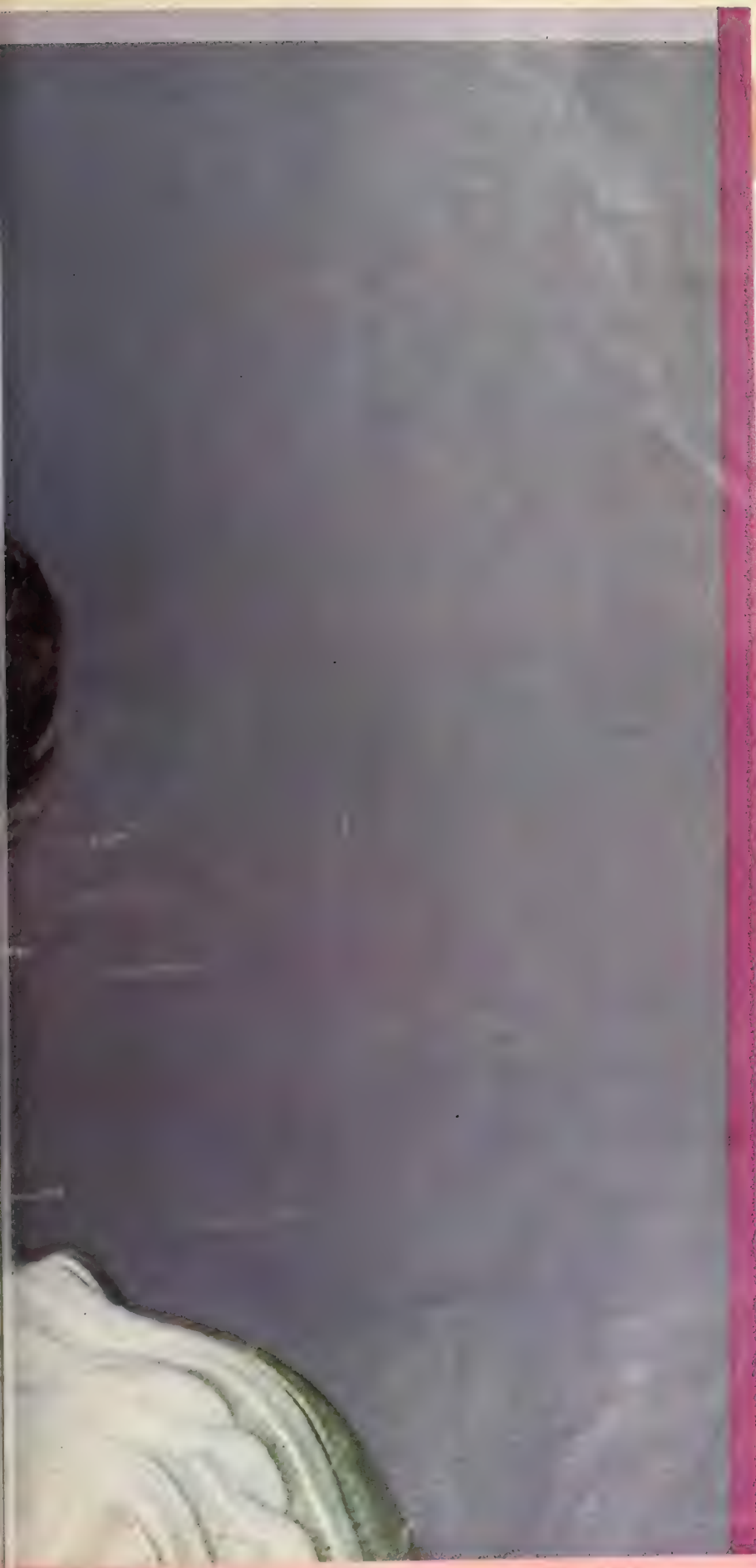


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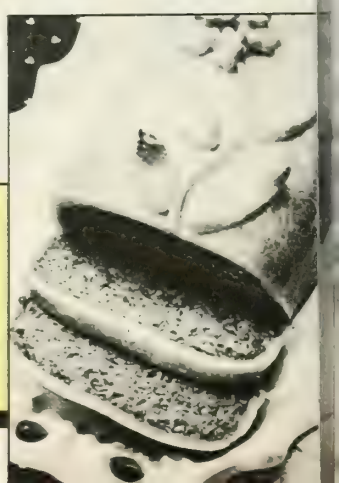
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Photo of Carol Burnett by Visages, 1985. Carol Burnett's hair makeup by Joe Blasco. Stylist, Sherri Weiss/Design Pool. Earr by Cartier. Designs by Margi Kent. Inset photo by Carolyn Sch

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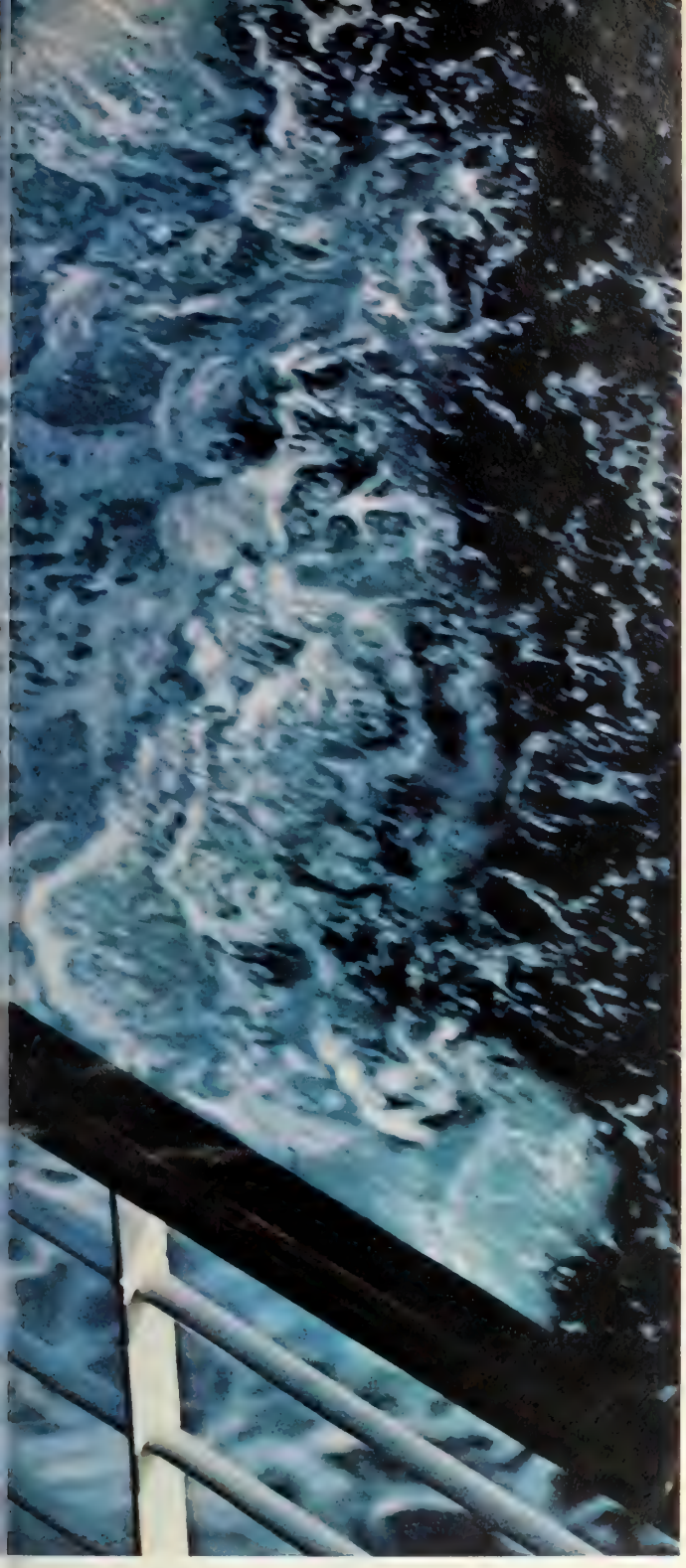
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"MY HUSBAND WAS ASHAMED OF ME"

Marie couldn't live up to Ken's expectations. What happens when a couple's goals no longer match? By Jane Marks



This case is based on information from the files of the Canarsie Mental Health Clinic, a division of Brooklyn Psychiatric Centers, in Brooklyn, New York, a nonprofit organization funded by voluntary contributions. The true story reported here is from interviews, though names and other details have been altered to conceal identities. The counselor in this month's case was Esther Rosenthal, M.S.W., A.C.S.W.

MARIE'S TURN

"Ken has every right to be mad," said Marie, thirty, a pretty, dark-haired woman in jeans and a striped top. "I should never have made such a show of myself at his office party. But did he have to move out? I only wanted him to see me getting a little attention. I'm tired of Ken's treating me like I'm nothing just because he's a lawyer and I never even went to college.

"Ken is more than a husband to me. He was the first—and only—person who ever made me feel good about myself. My dad worked hard as an electrician, but he had a violent temper, and as a kid, I was always afraid of him. Since Mom was always so tired from working as a hostess in my grandfather's restaurant, she'd usually tell me to shut up if I asked her for anything, even a hug. I was lonely—until I started dating Ken.

"Ken lived across the street, but unlike my chaotic house, Ken's always seemed so neat and peaceful. Ken was a year older than I, shy and serious. We dated for two months before he even kissed me. But he was so caring. I knew his mother looked down on my family—she was always cold to me—but Ken just told me not to worry.

"Though we had never actually discussed marriage, I always assumed we would get married. But then, two days after his high school graduation, Ken did the most astonishing thing: He enlisted in the Navy! I was dumbfounded. He had never mentioned such plans—though I have to say I often suspected his mother had something to do with it. But the most painful part was that Ken didn't even say a proper good-bye.

"Needless to say, I was heartbroken. I tried to date other guys, but I couldn't stop loving Ken.

"Then, about a year later, Ken came home—just as abruptly as he had left. My head was spinning. After so many months of anguish, I couldn't believe my happiness. Ken said he loved me—that was all that mattered.

"We were married in a civil ceremony that summer and immediately moved into a tiny fifth-floor walk-up, a half hour's bus ride from the college where Ken was to start pre-law courses. I found a job at a day-care center not far from our apartment.

"Unfortunately, our life wasn't as blissful as I had imagined it would be. Ken's work load was very heavy, and he often had to study late into the night. I knew he was tense and worried about getting into law school, so I tried to let him know how much I cared by giving him hugs and back rubs while he was working. But that only made him angry, and he'd yell at me to leave him alone. When that happened, I would panic and then actually faint for a couple of seconds at the thought of Ken leaving me. He would hold me for a few minutes, and I'd begin to feel better.

"Then, not long after our first anniversary, I discovered I was pregnant. Megan was a darling baby, with red hair and dimples and a wonderful laugh. If she became even slightly fretful, I was quick to comfort her or even take her for a walk, regardless of the hour, so Ken wouldn't feel hassled. I also tried my best to keep everything really neat around the house—Ken is a fa natic about order.



"After two years of struggling, Ke was accepted at a fine law school. H told me that if I wanted him to, he defer his acceptance and work for while so I could go to college. I hugge him and assured him that I was happ to be home with Megan—in fact, wanted another baby!

"Tara was born the following Apri From that day on, it seemed as if I wa never fully dressed without my Snug in front for Tara and my backpack ca rier for Megan. I used to joke that a Ken talked about was political scien while all I talked about was diap rash; but I must admit, I was beginnin to feel very upset that Ken and I had little time to talk.

"However, I didn't notice how gre the distance between us had grown u til Ken finished school and joined a b law firm. Suddenly, he seemed to totally out of my league, and he ma me feel self-conscious and stupid. T funny part was, anytime I made a mo to look for a job that would challen me, Ken reminded me of the chor that had to be done at home.

"I was getting more and more d pressed. I had always tried to let K know how much I needed him, to be t feminine wife and the wonderful mo I had wanted so much when I was kid. At one time, that had been go enough for Ken.

"Well, I knew I wasn't about to spe seven years going to college and la school just so Ken would say I was oka But I *did* think I could make a quick change—like losing a lot *(continue*


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CAN THIS MARRIAGE BE SAVED? *"Marie has really let me down. Her behavior at the party was proof."*



continued

weight. So I went on a crash diet and t fifteen pounds. It's funny—I couldn't it for Ken to notice the new me, but ıen he did, when he kept telling me w beautiful I looked, my excitement rned to fury. I didn't want Ken to love : because I was skinny. I wanted him love me because I was *me*.

'Needless to say, it didn't take me ıg to gain back all that weight—and ore. To make matters worse, Ken ırted wanting to spend more time th the girls. Great, I said, now that ey were four and six years old, they re delights to be with. But where s he when they were little?

'Obviously, I was feeling pretty desrate the night of Ken's big formal ofe party. Ken had just been made a ıior partner, and partners' wives *had* go, he explained. He actually ıched me on what I should talk out. I said okay—but I told myself at this time I wasn't going to fade to the walls. So, while Ken greeted a ıior partner, I stood quietly by his le, sipping spiked punch. Someone filled my glass, and I started to feel ore relaxed, maybe a bit giddy. Before new what was happening, some man ıisked me onto the dance floor and un me around. Then I was in another an's arms—and another's. I was comımented, patted and hugged by a blur partners. It was strange but exhilating! I wanted Ken to see how much tention I was getting.

"I remember I was doing a really ld and sexy shimmy—all by myIf—and it seemed hilarious—until I ught Ken's eye. Oh, my Lord, he was rid! Immediately, I stopped dancing d followed him out of the room. Alough I cried and apologized, he didn't y one word to me, and as soon as we t home, he started packing. He hasn't ept home since then. I want desperely to save our marriage, but how can e if he won't even talk to me?"

KEN'S TURN

don't see what talking can do," said en, a tall, serious-looking man of irty-one. "I have been very good to arie, and she's repaid me by making a ol of me with her cheap behavior.

"I guess this is the problem when you arry your childhood sweetheart. She st didn't keep pace with me. Lord ows I've tried to help her. I hate to mit that my mother was right when she said Marie wasn't the girl for me.

"Marie doesn't know this, but I joined the Navy to try to forget her. My mother was sure I would, but I didn't. I always felt protective toward Marie, and I hoped my love would make up for her unhappy home life.

"I felt very good about us when we were first married, but I suppose the strain of being married and in school overwhelmed me. Marie couldn't understand how focused I had to be to get into a good law school. If I told her I had to outline a paper and I didn't need a back rub, she became anxious and weepy. What's more, whenever we argued, she used to faint. That really scared me, though I often thought she was doing it on purpose to get my attention.

"Another thing Marie can't understand is the importance of keeping a neat and orderly home. When I try to instill a sense of pride, she takes it as an insult. I just don't see how running a house and taking care of two nice kids is so difficult.

"Marie is not a stupid woman, not at all, but she did play more than she worked in high school. I thought I could influence her, but even now she refuses to use her mind. Lots of women today juggle careers and kids, but Marie doesn't even have time to read good books. No wonder she has nothing to talk about at parties.

"I'm also upset that Marie resents my time with the girls. I know I was never around much when they were little, but a few months ago I decided to make it up to them. Clearly, Marie was jealous, so I backed off.

"She can't even stick to a diet. Recently, Marie lost some weight, but when I told her how sexy she looked, she got really mad. Then, in no time at all, she gained all the weight back.

"I still love Marie, but I'm frustrated because she doesn't want to—or can't—take hold of any opportunity for herself. Her behavior at the party the other night was proof. Did she want to get me *fired*? I've tried to be a good husband, but she has let me down."

THE COUNSELOR'S TURN

"Ken and Marie thought their marriage was in crisis because of Marie's behavior at the party," said the counselor. "But I urged them to focus less on that one event—which was certainly a loud cry for help on Marie's part—and instead to consider the many stumbling blocks in their relationship. I shocked them both when I praised Ken's decision to move out. This, I told them, would be their chance to discover who they really were, without the pressure of struggling to be what each thought the other needed.

"One of my first goals was to help Marie get back on her feet, so I suggested that Marie and Ken see me separately for a few sessions. Right away, I urged Marie to stop thinking negatively about herself. I reminded her of her many positive qualities—not the least of which was the impressive energy and resolve she had shown in managing to raise two daughters.

"When Marie said she longed for a more challenging job but did not want to spend years getting her college diploma, I reassured her that many interesting jobs do not require a degree. I told her she could find out which ones would be best suited to her by contacting the career-counseling department or the adult-education division of the local university. To my delight, she did that the next day.

"By the third week, Ken had gotten over his initial outrage, but he seemed agitated, demanding to know the details of Marie's life. I told him she was doing fine and that it was time he stopped focusing on his wife's helplessness and tried instead to rekindle his original feelings of love and admiration.

"Ken was very surprised when I pointed out that his dependency needs were less obvious than but just as strong as Marie's: He *needed* Marie to be weak so he could feel strong. For example, whenever Marie had mentioned looking for a job, Ken had been quick to squash her initiative by reminding her of chores that needed to be done. Time and again, he had thwarted Marie's attempts to grow by criticizing her or by selecting topics for party discussions—which implied that her own would not do.

"We spent a lot of time exploring this macho-protector role of Ken's, starting with his romantic fantasy (fueled by his mother's disapproval) of leaving the Navy to wed his high-school sweetheart and save her from a sad and lonely life. His heroic rescue of Marie initially made him feel good, but Ken soon discovered that Marie's emotional demands were too great. Yet, I pointed out, it was Ken, not Marie, who needed to do some growing up emotionally. He had to start accepting Marie as a separate person with strengths and weaknesses of her own.

"After four weeks, Ken *(continued)*

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and Marie started to come for couns ing together. By this time, Marie h found a job as a recreation aide in hospital for children with terminal i nesses. She adored her work, and the p tients and their parents as well as t hospital staff responded enthusias cally to her unique blend of compassio openness and loving acceptance. In fa Marie's supervisor had recently offered pay for a hospital-sponsored cour that would open the way for mo money and swift advancement.

"Ken was clearly amazed. I asked t couple how it would work if Ken bab sat the two evenings each week th Marie would be at school. At first Mar balked—the children had always be her domain. Finally, she agreed.

"What's more, the new arrangeme gave Ken a chance to get to know h daughters better as well as an opport nity to see just how tough a job it was run a home and take care of two gro ing girls. Ken confessed that when found himself putting the girls to b an hour and a half past their bedtime with math homework still to be co pleted and the smoke from burn hamburgers still hanging heavy in t grease-blackened kitchen—that Mar had been doing a super job.

"By that time, Marie was feeling much better about herself that s joined Overeaters Anonymous. The pr gram helped her realize why her prev ous attempts at dieting had failed: S had lost weight not for herself but f Ken. Then, when she was angry wi him, she sabotaged herself by gainin back those lost pounds. Understandi this, she was able to keep herself a her dieting on a more even keel.

"Once Ken and Marie felt stronger individuals, they were able to talk ho estly about their feelings. During o session, Marie became very upset a felt as if she were going to faint. pointed out that this was an anxie reaction to a stressful situation b that she could control her hyperve tilating by sitting down and breathi slowly and deeply from her abdomen.

"Ken moved back home three wee ago—five months after the big blow-u I still see them occasionally, and I' delighted to report that they're doi splendidly—they both have new con dence in their own abilities as well as healthy respect for each other's needs

"Ken and Marie started out as t very young, incomplete people lookin to each other for the missing piece Now, they are two *whole* people, bett able to love each other and make the marriage work." **En**



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"I ABUSED MY CHILD"

I had always dreamed of a happy family. So why did I commit one of the most unspeakable crimes of all? *By Patricia O'Nei*

The first time I slapped my son he was barely two months old. I continued to torment him for the next ten years of his life, and each time, I didn't stop until I had inflicted some visible injury. Still, though I feared I might permanently maim—or even kill—my child, I remained powerless to halt my violent outbursts. No one else could stop my rages either. I was able to pretend that what I was doing was not really child abuse.

Needless to say, I was mistaken. According to a recent report from the Department of Health and Human Services, more than two million children in the United States are victims of child abuse every year. Most often, injuries—whether a slap on the face or a broken limb—are inflicted by a parent or caretaker. And, as I later learned, my son Nathan and I exhibited the classic pattern in this shocking crime.

I had been a lonely little girl, abandoned by my father, abused by my alcoholic mother. After my parents divorced, my mother retreated into long periods of alcoholic despair. She worked afternoons at a local restaurant, and she spent mornings and evenings screaming at me, spewing sour-smelling accusations and threats.

I endured her abuse as best I could until I was seventeen, when I left my mother's house for the last time. I swore I would wait to have children until I knew I was truly ready for them.

However, I was so desperate for a secure home life that, barely eighteen, I rushed into marriage—and a family of my own—with the wrong man. My first son, Erin, was born when I was nineteen. Picking up the pieces, I remarried, but I was four months pregnant with Nathan when my second husband left me for another woman.

I placed Erin in day care and struggled to support us by working at whatever odd jobs I could find. At times, I was on welfare. And during the rest of my pregnancy with Nathan, I grew lonely and extremely depressed. What's more, Nathan was born prematurely by caesarean section, which was extremely difficult. I was further upset by news that Nathan, like many preemies, had respiratory problems and would have to spend the first weeks of his life in the hospital's intensive care unit.

Finally, in the spring, I was able to bring him home. It should have been a joyful time, but by early summer, I had already begun to beat my infant son.

Nathan was a difficult baby: He would cry for hours without pause, and nothing



Alan Ross

The O'Neil family today: Wyatt (in front), Erin, Patricia and Nathan

I did—feeding him or singing to him—would calm him. One day, before I realized what I was doing, I slapped him so hard I left fingerprints on his soft white cheek. I told no one about the horrifying incident; I was terrified that both my children would be taken away if anyone found out that I had hurt my baby. Yet, for the rest of the summer, the awful pattern continued.

By the fall, however, I thought I had a solution: I decided to return to school and complete my B.A. I hoped that by completing my education, I might not be as frustrated and angry with myself and would not feel this horrible need to hurt my child. At the time, I was living with a man who said he would support us.

School only made things worse. The night before an important exam, I slapped the baby over and over again until his face was covered with little purple bruises. I explained the marks to Nathan's baby-sitter by saying that he must be allergic to pears. She didn't question my explanation.

Ironically, by the time Nathan was a year old, he had developed severe allergies, first to milk and then to almost all foods. The symptoms made him even more miserable. What's more, during a routine checkup, the pediatrician at the clinic discovered that Nathan's legs were not growing properly and that his hearing was impaired. While other children his age had begun to say a few words, Nathan only cried. "Shut up," I would scream at him. "Shut up."

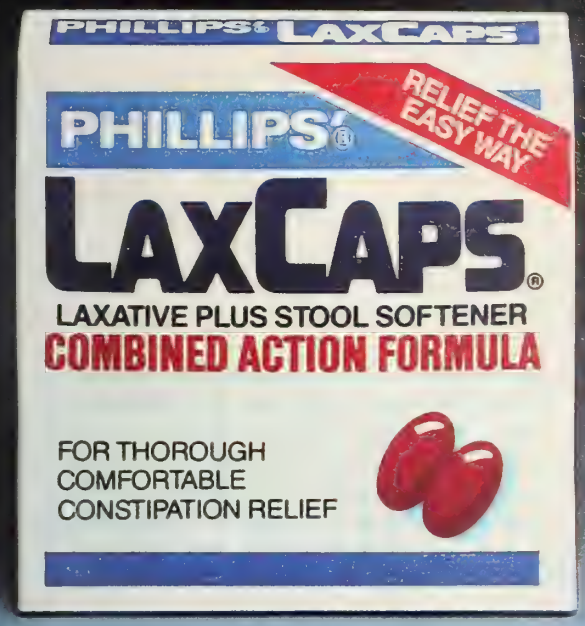
In fact, those were the first words I heard him say. He was two years old, a delicate child with a crown of white-blond curls, and one day he stood up in his playpen and announced impotently, "Shut up. Shut up. Shut up!"

Through all this, I never lost my dream of graduating from college. After years of part-time work and part-time college, I finally received my B.A. What a joy it was to fulfill my dream at long last.

Graduation was a thrilling experience, but the degree did not bring with it the kind of employment that might have made our life more comfortable. After months of pounding the pavement, I found a low-paying job as manager of a greenhouse—a job I hated.

What's more, Nathan's frequent bouts with allergies meant I had to miss days at work—something I really couldn't afford. Though the doctor had recommended braces for his legs, he was still pigeon-toed and awkward when he walked. Impatient with his slowness, I carried him about on my hip, although I was already pregnant with his younger brother by the new man in my life, whom I loved very much.

Having a third child at *(continue*



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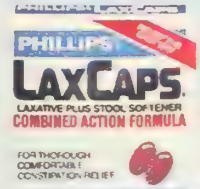
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A WOMAN TODAY
continued

that point was definitely an irrational act, but I still felt it was possible to create my fantasy family. Much to my delight, the birth of my third son, Wyatt, brought with it a joy I had never felt before. When I held this baby in my arms, I experienced the fullness of maternal love for the first time.

Yet, inexplicably, I continued to abuse Nathan. There were nights when I tore up his first-grade homework, screamed at him for being stupid and threw him into bed. There were mornings when I slapped and belittled him before sending him off to school, then retreated under the bedcovers because I didn't feel fit to go on living. If you find it hard to read about how I behaved, I can understand. It is hard for me now to believe my own cruelty, but then I couldn't see an inch beyond the black cloud of my own depression.

The turning point came one night at dinner when I yelled at Erin for losing his homework. "I hate you," he shouted back. "I'm leaving." Trying to stop him, Nathan knocked over his juice glass. Without even thinking, I backhanded Nathan across the face, screaming, "It's your fault. You wreck everything."

Blood gushed from Nathan's nose. Reaching to help his brother, Erin shot me a look of contempt I will never forget. I knew then I had to do something to end the horror.

On several other occasions, I had come close to dialing the number of the child abuse hot-line. This time, I made the call and confessed to the stranger on the other end of the line, "I just hurt my own child." With a sense of relief, I committed myself to attending the next Parents Anonymous meeting.

And I kept my word. The following night I went to my first meeting. The chairwoman began by explaining group policy on confidentiality.

"If you tell me that you are endangering your child, I will see that as a cry for help," she said. "At that point, I will insist that you voluntarily report yourself to county child protective services—or I'll make the phone call.

"But the meetings only work," she continued, looking at me, "if you keep coming to them."

A Parents Anonymous slogan says, "Come home to the family you never had." Child care was provided during these group sessions, and I had an opportunity to sit and talk quietly with other adults for two hours each week. Additionally, I had a network of people I could call when I was afraid I was losing control.

I attended Parents Anonymous meetings for three years, and I volunteered as a chairwoman for a year after that. However, though I was beginning to feel better about myself—I was able to stop beating Nathan—it was clear that my son's psychological problems were just coming to the surface. At this time I again contacted county child protective services, and through that agency, Nathan and I received additional therapy and support services. What's more, Nathan went to a foster home two weekends each month, to give me some time by myself.

Yet, though Nathan had outgrown his childhood allergies, and several operations had corrected the inward turn of his legs, the counselors at the agency diagnosed him as hyperactive. Although I agonized over the decision, I had to admit Nathan needed more than I could give him in order to become a whole, self-sufficient human being.

And so, when he was ten, he became a ward of the court and moved into a residential treatment center, Full Circle School. The facility provides treatment for children over a two-year period while actively working toward reunifying children with their parents. I let Nathan go with the understanding that he would come, full circle, back to me.

But it was not to be. Feeling safe at last in his new environment, Nathan learned to express the anger he had stored against me for years. His visits home on alternate weekends were not the joyful times I had anticipated, but explosive screaming battles.

After one such weekend, Nathan announced that he never wanted to move home again, preferring instead to be placed permanently in a foster home. I refused to believe he meant it. But finally, in the middle of a sleepless night, I came to terms with the fact that I would never have my dream family, but I could still be happy just knowing Nathan was safe and alive. Maybe, for me, being a good parent meant letting go.

And it has. Today, with the pressure of forced permanent reunion removed, Nathan and I have been able to spend friendly hours together nurturing a new, healthy relationship. We both know we can never erase the past, but we've learned to forgive and love each other in the present. Happily, a close friend of mine, who lives nearby, has recently said that he would like to adopt Nathan. Nathan is delighted, and so am I. I've been given grant money from the local arts council, and I am now hard at work on my first novel. I feel I have finally escaped the frightening cycle of family violence. **End**

The number for Parents Anonymous is 800-421-0353.

Wedgwood Unveils a Stunning Masterwork Honoring America's Symbol of Freedom



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Nearly 100 years ago on October 28, 1886, a foghorn chorus and 21-gun salute heralded the unveiling and dedication of The Statue of Liberty in New York Harbor.

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To fulfill Hamilton's commission, the Wedgwood artists sculpted a beautiful bas-relief plate in their renowned blue-and-white jasper, resulting in a remarkable image that evokes all the feelings of hope and freedom that "Lady Liberty" represents.

Surrounding the central image is the title of the plate, along with the years "1886-1986." Completing this stirring tribute is a border design inspired by the metalwork around the base of her torch, and 13 stars honoring the original American colonies. The result is a lasting tribute to one of the world's most significant landmarks.

"In Celebration of Liberty" is available *exclusively* from The Hamilton Collection, but only until the end of the Centennial year, 1986. You may order "In Celebration of Liberty" at no risk under the terms of The Hamilton Collection *100% Buy-Back Guarantee.* Enjoy the plate for a full 30 days, and if you should return it at any time during that period, you will receive a full refund.

Demand for a plate of such quality and commemorative importance is sure to be strong for several reasons: the superb craftsmanship of this jasper ware issue, and the market potential of a new and historic commemorative plate from world-renowned Wedgwood. ***So, don't miss out on this opportunity — return your order immediately!***

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★★★

BEAUTY JOURNAL

Midwinter pretty-ups, a thigh-shaper and a fat fix; next page, foundation facts and news from Paris



FOUR FAB QUICK CHANGES

Surest cure for the February blahs: Buy a sexy new wardrobe, then head south for a month in the sun with a man you adore. Impossible? Then try one or all of our easy, instant quick-change beauty strategies, each practically guaranteed to boost your spirits as it gives a lift to your looks. *Fresh up your face* Put away the russets and burgundies you've been wearing since fall, and switch to a palette of lip, cheek and eye colors that forecast spring: sunny hothouse florals in clear roses, citrus-y corals, bold pinks . . . better still if they're made with a hint of golden shimmer. *Brighten up your hair* The newest fizz-on mousses add color highlights as you style; the newest comb-in setting gels leave a subtle glaze of color. Both come in true-to-life hues and flattering fantasy shades, and both shampoo out in a jiffy, so you can play with a different subtle or not-so-subtle color every day if you like. Fun! *Try a new switcheroo* One of the new fabulous-but-affordable fake falls of hair will get you out of a hairstyle rut without your having to make drastic, irrevocable changes. To anchor your switch, twirl a one-inch section of your own hair into a curl and secure it with crossed bobby pins flat against your head at nape or crown. Pin hairpiece to the anchor, then wrap a few strands of your own hair around the base as camouflage. Now experiment! Leave the switch as is for a long, lush ponytail. Or braid it and tie with a bow, as shown (*très chic!*). Or loop it up and around into a sophisticated chignon. P.S. You can wear a switch even if your hair is *very* short. Simply start with a bobby-pinned anchor as above, use a setting gel to control unruly hair ends, then wrap and tie a pretty ribbon or scarf around the base.





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SADDLEBAG SLIMMER



Lie on your left side with right arm in front of you for support, keeping your back straight. Bend your knees toward chest, and extend right leg to front as shown, turning your foot so that toes point to floor. Keeping your toes pointed toward floor, raise leg about twelve inches, then lower it. Do ten times; rest; repeat. Finally, lift leg and hold for a count of ten. Do two complete sets with right leg; roll over and repeat with left leg.

Exercise developed by Debbie Hall, Pro-Motion Aerobics, Executive Fitness Center, NYC

David Cleland

ULTIMATE FAT FIGHTER?

If diet doesn't make a dent, and even exercise fails in the battle of the bulge, liposuction might be the answer. In this technique, used to reduce fat deposits on thighs, hips, buttocks, even knees or ankles, the surgeon makes a small incision, inserts a tube attached to a small suction pump and vacuums fat away. Results are permanent. Cost: $1,000 to $4,000, depending on body area to be treated. Complications are rare but could include changes in skin texture or pigmentation, blood clots, nerve damage, even shock from excessive blood or fluid loss. Obviously, liposuction is a last-resort option, yet thousands of women have been satisfied with the results. For more information, write the American Society of Plastic and Reconstructive Surgeons, Suite 1900, 233 N. Michigan Ave., Chicago, IL 60601.



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BEAUTY LAB

READER TESTED



Jimi Giannatti



A fast and foolproof foundation technique that leaves skin looking flawless . . . that's what every woman wants, and that's what three lucky *LHJ* readers got when they participated in this month's Beauty Lab, conducted by New York City–based makeup artist Mark Nahmias. Here are his professional tips and how they tested out on our panelists. ***CHOOSE THE RIGHT PRODUCT*** Look for one of the sheer, light-textured liquid foundations; they're easier to blend than heavier liquids and creams, and they never look masklike. Foundation should match your complexion as closely as possible. Test by blending a dot on the inside of your forearm. If you can't decide between two colors, go for the lighter one. Or buy both and blend with your fingers on the back of your hand before applying. ***MOISTURIZE FIRST*** Apply moisturizer sparingly under each eye and along jawline, where skin tends to be driest. Then blend toward the center of your face with a damp sponge. This method avoids overmoisturizing the T-zone, where your skin is probably oiliest. ***FOUNDATION BASICS*** Good light is important; try to apply makeup near a window. Dot foundation down the center of your face, from forehead to chin and across cheekbones, then blend it outward with a damp sponge. If you have very short hair, you may want to blend a hint of foundation onto ears. Check hairline, sides of nose and eyelids, where foundation has a tendency to collect, and smooth out any excess. Examine the areas around your jawline and blend in obvious lines of demarcation.



POWDER UP Apply loose translucent powder with a cotton ball, then whisk away excess with a fluffy powder brush. *LHJ* panelist Mary Lou loved Mark's advice on choosing a flattering foundation shade. "I always used to test it on the back of my hand and never seemed to get the color right. It was always too dark, or too *something*!" Jane likes lots of coverage but hates the artificial look and feel of heavy makeup. "With the sheer foundation Mark recommended, I find I can apply a second wash of color only where I need it, and it still looks wonderfully natural." Robbie, who used to apply and blend foundation with her fingers, finds that it goes on much more evenly and quickly with a sponge. "And because the foundation is never too thick, my powder doesn't cake up on my skin. Terrific!"



FLASH



What they're wearing—and how they wear it! A what's-new-in-Paris report from *LHJ* fashion and beauty editors just back from the collections.

Back-to-the-future eyes . . . fifties-style makeup. Remember? Eyeliner on upper lids only, with nothing—no liner, no shadow—below. The eighties difference? Black is not the only choice. Anyone for emerald green, with matching mascara?



The hot touches: *Big* hoop earrings, of silver, gold or wood. Turtleneck tops . . . especially in black. *Dark* sunglasses in wrap or slanted "cat's eye" styles.

The BCBG look. Stands for *bon chic, bon genre*, the French version of preppy high style. BCBG hallmarks: printed silk scarves worn à la Grace Kelly—over the head, under the chin, wrapped round the neck; expensive leather handbags; classic trench coats; superbly cut trousers; elegantly tailored suits.




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restores dry skin to a healthy softness.
It absorbs fast. Conditions naturally.
Now it has Vitamin E. New Soft Sense.
And suddenly everything is softer.

BETTY AND BEA
TV'S GOLDEN GIRLS



In the world of prime-time television, where lithe young beauties abound, these gutsy women are showing all of us that mature can also be attractive, amusing and sexy. *By Cliff Jahr*

Television has always worshiped youth, which is one reason stars who once scored in their own hit series can seldom do it again. As for successful comebacks by female stars nearing sixty—it's never been done.

Until now, that is. Bea Arthur of *Maude* fame, and Betty White, best known for *The Mary Tyler Moore Show*, co-star in NBC's surprise hit, *The Golden Girls*. From the sitcom's launching, it's been one of this season's most popular new shows.

Bea will be sixty in May, and Betty allows as how she herself is "probably a little bit older." But to see them pause for a rare breather during their recent New York promotional tour, there's no telling their ages.

Handsomely turned out and peppy as debutantes, both women glow with health and optimism. Dewy skin does hint of help from cosmetic surgery, and yes, Betty had "puffs trimmed from her eyes ("which need doing again," she says brightly), while Bea had a second face-lift after losing thirty pounds. But so what? They're entitled. They've been through a lot since their sitcoms went off the air more than six years ago.

Both lost husbands, one to cancer, one to divorce. Both failed twice in new series, and until recently both shared nests with elderly and disabled mothers (and as we went to press the *Journal* learned that Bea's and Betty's mothers died peacefully, within days of each other). After surviving all that, *(continued)*


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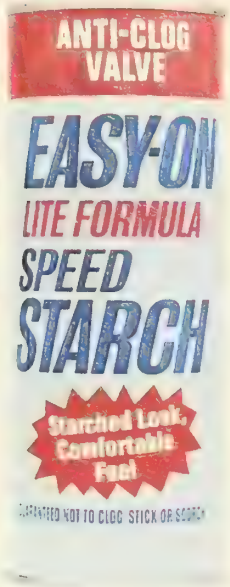
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GOLDEN GIRLS
continued

ow do they feel about the widespread otion that for women, fifty is fatal? Riled y such nonsense, they nearly jump up off he sofa. "That old stereotype again," rowls Bea. "It's ridiculous! I have just s much stamina as I ever did."

"I'm thrilled to be this age and this iealthy," adds Betty. "Why, I sleep four iours maximum. Last night, I was out liscoing at Regine's until three A.M., ind I still got up at six."

"Betty looks so great," Bea teases, 'because she was professionally made ip for a TV interview this morning. Oh sure, we're over fifty, but to quote Rhett Butler [Betty joins in], 'Frankly, my dear, I don't give a damn!'" Both women laugh and clasp hands.

They are as unsinkable as the characters they play on *The Golden Girls*—widows who have teamed up with a man-crazy divorcée, played deliciously by Rue McClanahan (Bea's former neighbor in *Maude*). All three, nearing sixty, share a house in Miami and are joined by Bea's salty-tongued eighty-year-old mom, played by Estelle Getty.

Since the show shares its locale with the often violent *Miami Vice*, it has been nicknamed *Miami Nice*. But it's not always all that nice, at least not for the staid or squeamish. Subjects range from casual sex and ethnic stereotypes to hot flashes and Maalox.

"It's honest," explains Betty. "The show's about real life. Probably if young girls discussed taboo subjects the way we do, the show would be bleeped. They'd be accused of doing it for shock value. But we four ladies have been around the Horn several times."

Taboo topics are not new to Bea Arthur. They were *Maude*'s stock-in-trade: women's lib, abortion, marijuana, race relations and even, in one 1973 episode, a debate over her first face-lift. "Everybody thought I had really had one," she says, "but not yet. It was only makeup. I wore the Lucille Ball picker-upper, which I discovered when we did the movie *Mame* together. The makeup man asked if I wanted to wear 'lifts.' He said, 'If you don't, you're going to look thirty years older than Lucille Ball.' When Lucille saw me she said that I looked terrific. 'I ought to,' I told her. 'I'm wearing lifts and I can barely move my jaw.' She said, 'You can't move your jaw—my skin is so tight that I can't close my eyes!'"

While Betty and Bea have a lot in common, their origins differ greatly. Bea started out as Bernice Frankel from New York City, the middle daughter of Jewish immigrants from Austria and Poland.

"I was born in New York City," she explains, "but at a *very* early age—"

"We were *all* born at a very early age," quips Betty.

"Betty, *Bet*—ty," moans Bea facetiously. "I give you credit when they're *funny*, but—"

"No, no," pleads Betty, "it keeps my skin clear. Jokes fester if I don't get them out. I apologize."

"We'll talk about that," mutters Bea. "Anyway, at a very early age, my parents moved to Cambridge, Maryland. As a girl, I wanted to be Ida Lupino—oh, I adored that little blond floozie who got involved with bad people in roadhouse movies. But instead, I became a lab technician, influenced, I suppose, by the medical students I dated."

Bea's destiny, however, would owe more to Ida Lupino. She returned to New York at twenty-one to study acting and soon attracted a cult following in theaters and nightclubs. In a dozen roles, her statuesque height (five nine and a half), deep voice and talent for both comedy and drama made her always the standout—never the star.

One big break came in 1964, when she appeared *(continued on page 38)*

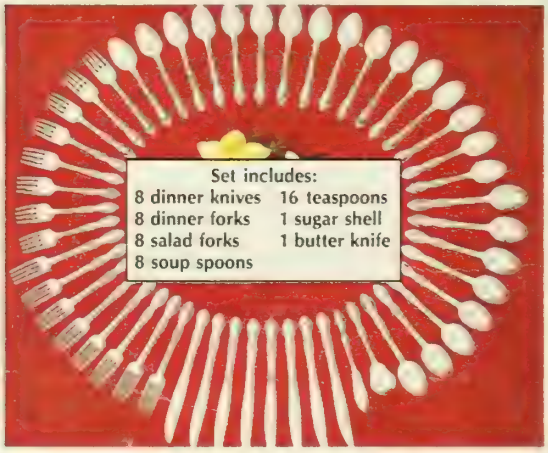


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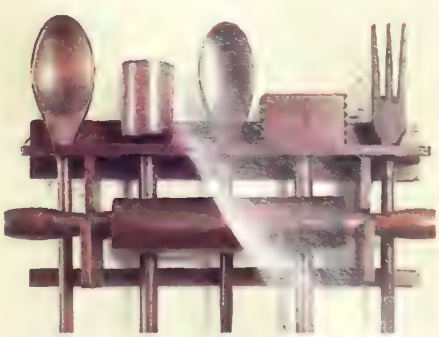


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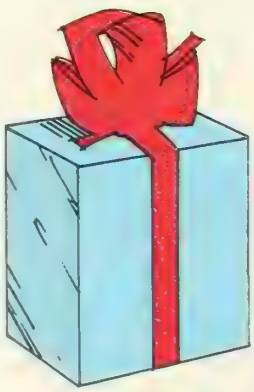
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GOLDEN GIRLS

continued from page 33

in *Fiddler on the Roof*. But her role was cut drastically to favor Zero Mostel's. She soon got a second chance, co-starring in the musical *Mame*, for which she won raves. Then, in 1971, a guest appearance on *All in the Family* as Edith Bunker's loudmouthed cousin Maude proved screamingly funny, and Bea caught the eye of CBS network executives.

The result was the Norman Lear spin-off *Maude*, on which, for six years, she played the well-off suburban matron with outspoken liberal views. It was a role not unlike the real life she'd been living in Bedford, New York, as a working wife and mother of two sons.

While stardom was finally hers, her twenty-nine-year marriage to director Gene Saks came apart when *Maude* ended. Bea attributes the failure of the marriage to the demands of success and a lull in Gene's career.

"I never dreamed success would be so difficult," sighs Bea, inhaling deeply on a cigarette. "In a way, it emasculated Gene. Suddenly, people chased me down the street for autographs, and there he stood, the world's most brilliant director, unrecognized. But when you're doing a series, there's no time to examine relationships. Your personal life's on the back burner."

In contrast, Betty's seventeen-year marriage to TV game-show host Allen Ludden seldom faced career conflicts. But it, too, ended sadly, when he died almost five years ago at sixty-two. Ludden was TV's first highbrow game show host, beginning with *G.E. College Bowl* in the fifties, followed by *Password* in the sixties and seventies. The two met when Betty appeared on *Password*, winning the game—and the emcee.

"When he was trying to get me to marry him," she recalls, "Allen promised, 'Someday I'll build you a house by the ocean in Carmel.' He knew it was the place I loved best. Well, halfway through the construction we learned he had inoperable cancer. We finished the house in a couple of years, but after eighteen months, Allen had a stroke, and he died the next year. I don't get up to Carmel much, but in my mind's eye, I often run away to my garden there with the whales and the otters rolling in the surf right below."

She was born Betty Marion White in the Chicago suburb of Oak Park, an only child, of English, Danish and Greek heritage. Her parents moved to Southern California when Betty was still in diapers, but her manner suggests a heartland upbringing. "R member," she explains, "my paren were very Midwestern."

Starting out in radio in 1949, sh switched to television two years late It wasn't long before her quick hum crowned her queen of the game-sho guests, and she was a TV commentat on many a Tournament of Roses ar Macy's Thanksgiving Day parade.

The big break came in 1973 with h role as Sue Ann Nivens, the man-eatin TV chef with a poison-apple smile, c *The Mary Tyler Moore Show*. "They we looking for someone who could be sic eningly sweet," she says frankly. "Th producer wanted 'a Betty White type and someone asked, 'Why not get Bet White?' Mary and I were friends, so if flunked the audition, it would be awfu But that one-shot lasted five years."

Since then, Betty and Bea each trie to return in new series, but their effor sank without a bubble. No longer type cast, however, they received some su prising offers. As a result of Betty work for animal welfare and her book *Betty White's Pet Love: How Pets Tak Care of Us* (Pinnacle Books, 1985), sh was offered roles as a veterinarian.

"And I got law enforcement scripts says Bea, bewildered. "Me playing uniformed patrol cop, a judge, a mayo

n a plainclothesman's mother. Then
ng came *Golden Girls*," she adds. "I
lly didn't want to go back to work
ause I was so tied up with my
ther. But my agent said get off your
r and get on with your life."

Jntil *Golden Girls* began, Bea and
:ty cared full-time for their mothers.
:ty's mother, Tess, was eighty-six and
ntally sharp when she died, but she
l suffered from, among other things,
nful disintegrating spinal disks.

Bea's mother, Rebecca, was eighty-
and "just the opposite," she notes.
om's body was strong, but she was
ally blind, totally deaf, totally mis-
ble. She wanted desperately to die
l had begged me to help her, but
at could I do? I'd read the Betty
llin book (*Last Wish*, Linden Press,
which Rollin tells how she helped
cancer-stricken mother commit
cide). Unfortunately, in this big
rld, euthanasia is legal only in the
therlands. When I spoke to her doc-
about it, he said no, his hands were
d, and he got angry with me.

"This is a lady who used to do the
nday *New York Times* crossword
zzle in *ink*, and then she became just
shell of nothing. I felt she was dead
fore she died. But I could not put
r into a nursing home, so I had
and-the-clock nurses."

"I wouldn't let mine go either," adds
tty. "It was heartbreaking, but we
l still have quality time together. I'd
her breakfast, sit with her, give her
e medication and insulin shots every
orning at seven-forty-five. You have to
tate shots, so I'd say cheerily, 'Okay,
here do you want them today? Left
nter finger, right hip or left middle
mmy?' You've got to joke about it,
u've got to keep your sanity. What's
e alternative? Fortunately, Mother
dn't get sick until after Allen died. I
ould have been torn apart trying to
re for the two people I loved most."

"Betty had really been running a
nvalescent home for *many* years,"
ys Bea sympathetically.

Betty smiles wanly and looks away.
nd I was the only little girl in the
orld who never wanted to grow up to
a nurse," she says, in a very tiny
oice. "You know, Lucille Ball once
id, 'You're never old until your
other dies, because to her you'll al-
ays be a little girl.' "

"Even though," continues Bea, "you
nally turn into the mother, and she
e child. I'll never forget when we had
do a musical number on the show,
ke from the Ziegfeld Follies, coming
own a flight of stairs. I was hysterical
ith fear that I would fall. I said, 'Oh,
od—just get me through this one
ight, and I'll do anything.' Then Betty
rned and *(continued on page 170)*



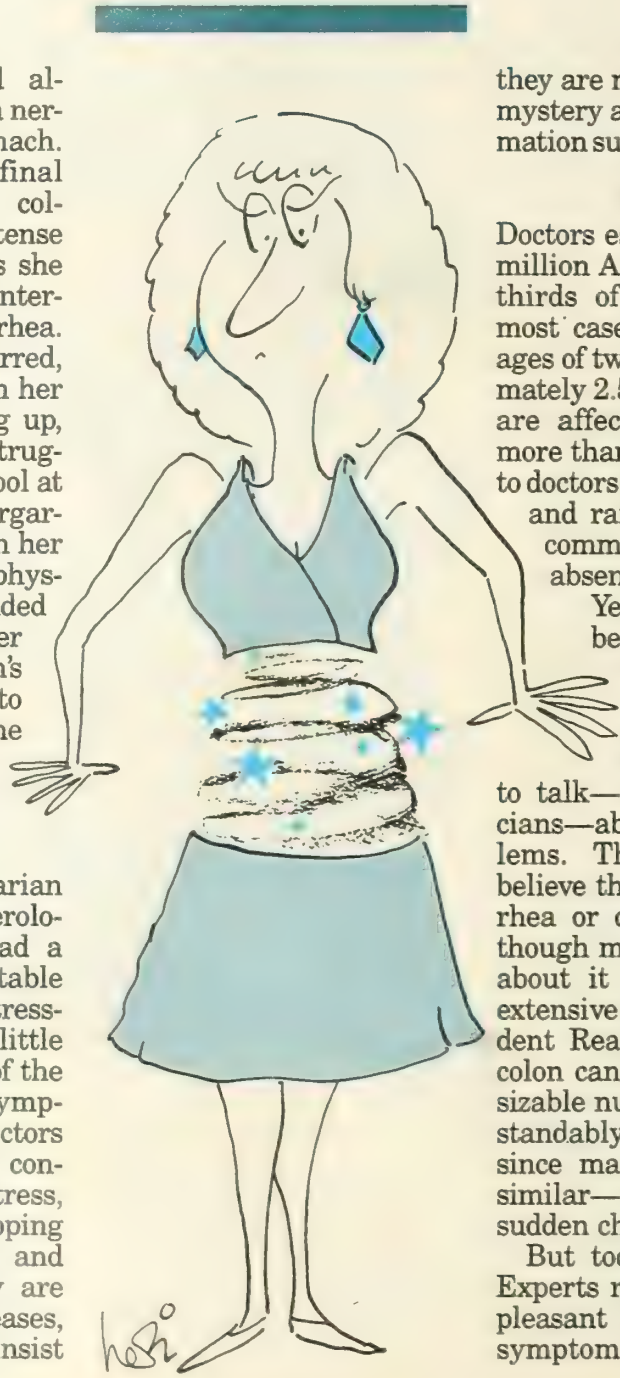
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The tummy trouble nobody talks about

Bothered by cramps, gas, constipation, the runs? You're not alone. Here's all you need to know about these common—but fortunately not-too-serious—complaints. By Paula Dranov

Marian had always had a nervous stomach. During final exams in college her stomach would tense with cramps, and for weeks she suffered from constipation interspersed with bouts of diarrhea. The same symptoms recurred, only worse, years later when her first marriage was breaking up, then again when she was struggling to get through law school at night while teaching kindergarten during the day. Although her doctor could find nothing physically wrong—he recommended a bland diet whenever her problem recurred—Marian's nervous stomach began to dominate her life. After she finished law school and became a criminal lawyer, she began to be plagued daily with tummy trouble.

Desperate for relief, Marian consulted a new gastroenterologist, this time one who had a name for her condition: irritable bowel syndrome (IBS), a stress-related condition we hear little about, most likely because of the indelicate nature of its symptoms. What's more, since doctors may not clearly explain the connection between IBS and stress, many sufferers keep on coping with unpleasant symptoms and worry needlessly that they are suffering from serious diseases, even though their doctors insist they are not. It's time to solve the mystery and correct the misinformation surrounding this problem.



Silent victims

Doctors estimate that at least 22 million Americans have IBS, two thirds of them women. While most cases develop between the ages of twenty and forty, approximately 2.5 million schoolchildren are affected. IBS accounts for more than 50 percent of all visits to doctors for digestive complaints and ranks second only to the common cold as a cause of absenteeism from work.

Yet, despite the large number of victims, most people, like Marian, are unaware that they are suffering from IBS. Many are also unwilling to talk—even with their physicians—about their bowel problems. They may erroneously believe that their recurrent diarrhea or constipation is normal, though many prefer not to think about it at all. And after the extensive media coverage of President Reagan's recent bout with colon cancer, there are probably sizable numbers who are understandably worried about cancer, since many IBS symptoms are similar—among them, pain and sudden changes in bowel habits.

But today, the news is good: Experts report that however unpleasant and uncomfortable its symptoms, IBS *(continued)*

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ing, nor does it usually lead to cancer
other critical digestive diseases
ough one theory, still unproven, con-
cts IBS to diverticular disease, out-
uchings in the intestinal lining that
n become inflamed and produce ab-
minal pain later in life).

'Fortunately for me," said Marian,
y doctor was very knowledgeable
out the mind/body connection and
o very sympathetic when she ex-
ained how emotional strain could
gger IBS." Marian realized that her
omach had always been most nervous
ien she was feeling pressure from
rk or some problem at home. This
ne, the stress was job-related: "I
dn't want to admit it, but while I had
ways dreamed of being a lawyer, I
dn't like what I was doing. I began to
ink about returning to teaching."
rtunately, Marian was able to return
her old job. About the same time, she
l in love again and remarried—and
day, she reports, her newfound per-
nal and professional happiness has
arkedly reduced her IBS symptoms.
ough she still suffers occasional
ire-ups of her condition, IBS is no
nger a daily trauma.

A problem, not a disease

hat exactly is irritable bowel syn-
ome? As the name implies, it is not
ie disease but rather a host of symp-
ms ranging from the mildly distress-
g to the debilitating, all caused by a
alfunctioning of the colon, the last
ght feet of the digestive tract.

Normally, the colon contracts to
ueeze water out of body waste and
so to expel the waste. But in people
ith IBS, these contractions occur in
asms, which can either delay the pas-
ge of waste and lead to constipation,
speed it ahead too rapidly, resulting
diarrhea.

"How IBS can result in diarrhea and
nstipation is a mystery scientists do
ot yet understand," says Sidney E. Co-
en, M.D., chief of gastroenterology at
ie Hospital of the University of Penn-
lvania, in Philadelphia. The only
ing doctors can say at this point is
iat the spasms are probably caused by
defect in the electrical activity that
ntrols muscle movement in the colon.

But now there is strong evidence to
ggest that stress triggers this muscle
alfunction in the colon. In one study
nducted at Washington University, in
t. Louis, 85 percent of all IBS patients
rveyed reported emotional problems
iat surfaced before or at the same time
s their IBS symptoms. *(continued)*

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Although no one can say for sure whether nervousness, anxiety and depression are causes or results of IBS, constipation and pain are nerve-racking, to say the least. It seems quite clear that "psychological problems play some role in setting the stage, even if they don't actually cause the illness," says Marvin Schuster, M.D., professor of medicine and psychiatry at the Johns Hopkins University School of Medicine, in Baltimore.

While the psychological connection is clear, doctors believe several other factors are related to IBS. The strongest links are to food intolerance and eating habits. In 1982, British researchers found that wheat, corn, coffee, tea and citrus fruits triggered symptoms in two thirds of the patients studied. Once a culprit was identified and eliminated from a patient's diet, IBS symptoms disappeared.

That's what happened to Karen, who discovered she had IBS while working in a counseling job she hated. Karen was aware that her diarrhea and constipation worsened after a heavy meal or when she ate certain foods, particularly oranges and grapefruit. At first, she didn't associate her symptoms with either job stress or diet, and she kept putting off calling her doctor. Soon, however, she found it increasingly difficult to get out of the house in the morning because diarrhea sent her rushing back and forth to the bathroom. On several occasions, she called in sick, convinced she couldn't manage the forty-five-minute drive to work.

Finally, Karen consulted her internist, who, after a thorough physical workup, diagnosed IBS and suggested that stress—as well as Karen's several glasses a day of orange juice—might be responsible. "I just hadn't noticed the connection until he mentioned it," Karen recalls. "So first I changed my diet. It helped. And when I finally gained enough courage to look for another job, I noticed I hadn't had a bout with the runs for some time."

Too much fat in the diet has also been blamed for IBS symptoms. Fat promotes the production of cholecystokinin, a hormone that plays a role in the contraction of the colon and may be responsible for its painful spasms. And then fiber, or more precisely, the lack of it, may bring on IBS. The low incidence of all digestive disease in areas of the world where diets are high in fiber—the indigestible residue of plant foods found in whole grains, fruits and vegetables—strongly suggests that Americans and other Westerners are suffering from a highly refined diet. Then, too, eating habits in general may bring on IBS, though doctors are not sure why. Often attacks occur after meals, particularly large ones. This may be due to a reaction in the colon to the gastrointestinal hormones released when we eat.

There is also evidence that IBS is hereditary. The condition tends to run in families. In fact, nine out of ten children of patients with IBS are likely to complain of similar symptoms. However, it often isn't possible to determine whether their problems stem from an inborn disorder or a learned preoccupation with the bowels. "The children of people who complain about constipation or cramps hear about it and may think it's the norm," says Cohen.

Pinpointing the problem

How can you tell if you do have IBS? The most common symptoms are alternating diarrhea and constipation (with abdominal cramps or pain), sometimes accompanied by bloating and excessive intestinal gas. Unfortunately, since these complaints are so widespread, it's difficult to decide what's transitory, what's IBS and what's a serious medical problem. Further complicating the matter is the fact that even doctors are hard-pressed to define what normal bowel activity means. Most Americans subscribe to the myth of daily regularity, even though anything from three bowel movements per day to one every three days falls in the normal range.

A stress connection with IBS is clear, but doctors believe other factors may be related to the problem. The strongest links are to food intolerance and eating habits.

There's also the question of how to define constipation. Loren Pitcher, M.D., associate dean for clinical affairs and professor of medicine at the University of New Mexico School of Medicine, in Albuquerque, says that frequency—or the lack of it—isn't all there is to this common complaint. "The consistency of the stool, the completeness of evacuation and the difficulty of passing the stool" must also be considered.

When diarrhea is the problem, people with IBS often complain of what doctors call the morning rush syndrome—several loose bowel movements early in the day. Usually people with this type of IBS have no pain. Another category includes those who usually have diarrhea during periods of stress or after meals.

Before the term *irritable bowel syndrome* was coined, such chronic problems were often labeled with a far more alarming-sounding diagnosis—mucous colitis, spastic colon, nervous diarrhea or colonic dysnergia, among them. Colitis, once a catchall diagnosis to describe IBS symptoms, is now out of favor. "It's physiologically and morphologically incorrect," insists Schuster. The ending *-itis* means *inflammation*, and as Schuster explains, "there is no inflammation in patients with irritable bowel syndrome."

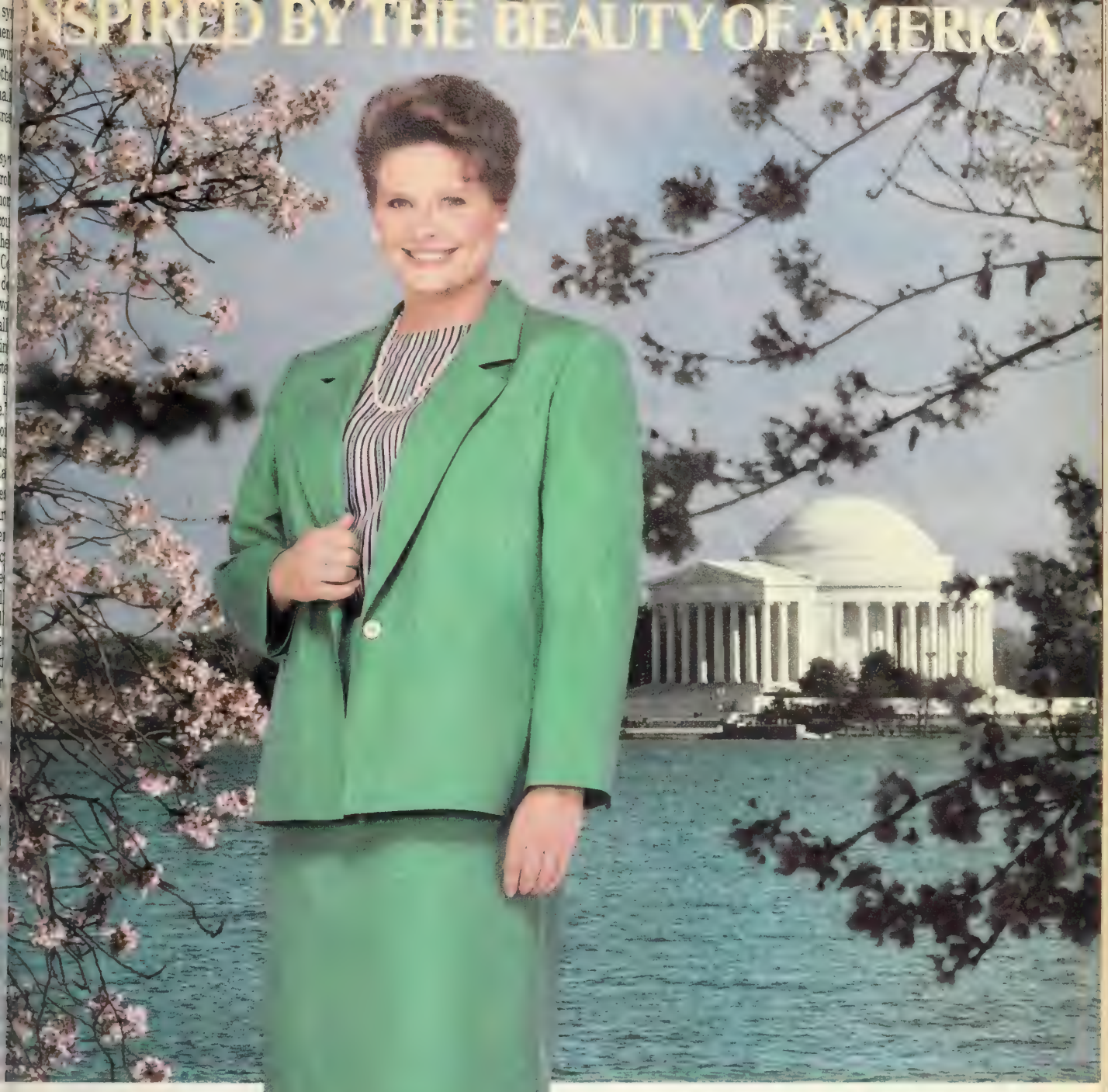
Doctors also emphasize the importance of differentiating IBS from other conditions or diseases bearing similar symptoms. For instance, in many cases patients with IBS-like symptoms are actually suffering from lactose intolerance, a condition caused by a deficiency in the enzyme lactase, which is needed for the proper digestion of the milk sugar lactose. When milk and milk products are reduced in or eliminated from the diets of these people, the problem disappears. (In some cases, yogurt is the only milk-based food that can be consumed without difficulty. Doctors believe the cultured bacteria in yogurt ease digestion.)

Sometimes patients confuse irritable bowel syndrome with inflammatory bowel diseases, such as regional enteritis (sometimes called ileitis or Crohn's disease) and ulcerative colitis, both of which may require surgery, something that is never the case with IBS. And as noted earlier, far too many sufferers worry that their IBS symptoms are those of cancer.

When Judith's stomach began acting up about two years ago, she was afraid she had cancer. "My mother died of breast cancer," Judith explains. Though Judith tried to ignore her symptoms, the severe diarrhea and gnawing abdominal pain scared her. When she finally confided her fears to her doctor, he immediately scheduled her for a physical checkup. He could find nothing wrong, but he suggested she avoid rich foods. Although she followed his advice and did begin to feel a little better, Judith was still haunted by the fear of cancer. Only after she sought a second opinion, this time from a gastroenterologist who ordered another battery of tests, were her concerns allayed.

The correct diagnosis

Judith was right to be concerned, since any change in bowel patterns is disturbing and *(continued on page 16*



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LOOKING GOOD

Look more romantic this month and try the latest techniques for winter skin and hair care. By Constance Leisure



George Barkentin

HOW TO LOOK ROMANTIC

Valentine's Day is approaching, so instead of bundling up and looking as shapeless and colorless as a winter landscape, be romantic. **Start with the eyes.** Beautiful pastel eyes are harbingers of spring. Avoid grays and browns and lining the eyelid crease with dark shadow to make eyes look deep-set. Instead, use pastels, and blend them from the lashes to the brow. Colors should extend outward so the eyes appear elongated. Try one of the new colored liners; extend liner slightly beyond the lid for an almond shape. **Color tips:** for darker complexions, try sea green on lid, blending to canary yellow beneath the brow, with turquoise liner; for lighter complexions, use violets and pinks with prune liner.

ROMANTIC DRESSING TIPS

Besides being warm, scarves can draw attention to the face and add a feminine touch. Tie on a silk scarf or wear a bit of lace secured with an old-fashioned pin, such as a cameo or silver brooch. Wear pastels instead of bright or dark tones. Soft colors, such as butter yellow, peach and celery, make most complexions look creamier and more alluring.

WINTERIZING YOUR HAIR

Hair dull or dry? It may be suffering from exposure to the elements or damage from coloring or perming. A nourishing conditioning treatment is the right first aid. New York's Jean-Louis David International salon suggests applying a heavy-duty conditioner on damp or dry hair. Then cover hair with plastic wrap; your body heat will help the conditioner do its work.

Many women—even those with color-treated or permed hair—don't need an allover conditioner. Some have healthy, even oily, scalps, while the ends of the hair are dry. If you have this problem, try putting your hair in a ponytail with a barrette or covered elastic and slicking a deep conditioner on just the ends. Then take a shower or bath. The heat will help the conditioner penetrate, and you'll get help only where you need it.



Robert Browne



Houles

SPECIAL TIP

Hair can actually get chapped in the winter, so be sure to protect it. Avoid alcohol-based styling mousses, and wear head wraps; they protect hair—and look chic.

TAKING CARE OF YOUR SKIN AFTER EXERCISE

After an aerobic workout or swim class it's essential to cleanse skin of wastes that have built up—perspiration, oil and dirt, even chemicals such as chlorine, says Trish McEvoy, a New York City skin-care specialist who works with dermatologist Ronald Sherman, M.D. First, wash with a superfatted soap or cleanser. Then, if you have normal to oily skin, use a water-based moisturizer on your whole face. For dry skin, use a more emollient moisturizer (make sure that water is not mentioned first on the list of ingredients). Those over twenty-five should use a rich undereye moisturizer, too. Dry cuticles are also a problem in the wintertime, says McEvoy, so any time you use a moisturizer, rub a bit into the nail bed.



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COOKING FOR TODAY

The perfect dinner to share with friends, created by one of America's foremost cooking and entertaining experts. By Lee Bailey

Valentine's Day party dinner

MENU

**Moroccan Lamb and Pork Stew*
Rice
**Bibb Lettuce Salad*
Crusty Bread
**Espresso Ice with Whipped Cream*
Wine

**Recipe given*

MOROCCAN LAMB AND PORK STEW

- **5 tablespoons butter or margarine**
- **2 pounds boneless leg of lamb, cubed**
- **½ pound pork shoulder, cubed**
- **2½ cups coarsely chopped onions**
- **2 teaspoons salt**
- **½ teaspoon freshly ground pepper**
- **2 tablespoons sugar**
- **1 can (13¾ or 14½ oz.) beef broth**
- **16 large pitted prunes (about 1 cup)**
- **2½ cups peeled and cubed pumpkin or butternut squash**
- **1 cup finely chopped walnuts**
- **1 can (19 oz.) white kidney beans (cannellini), drained**
- **2 tablespoons chopped cilantro (optional)**

In large, heavy saucepan heat butter or margarine. Add lamb in 2 batches and brown; set aside. Add pork and brown; set aside. Add onions and saute over medium heat 5 minutes. Add salt, pepper, sugar and broth. Bring to a simmer; add meats. Simmer covered 30 minutes. *(Can be made ahead. Let stand at room temperature up to 1 hour.)*

Add prunes and pumpkin. Simme covered 20 minutes. Stir in walnut and beans. Simmer covered 10 minute or until pumpkin is tender. Sprinkl with cilantro. Makes 8 to 10 serving about 655 calories each per 8, 525 cal ries each per 10. (You can freeze wha you don't use at dinner.)

BIBB LETTUCE SALAD

- **2 small heads Bibb lettuce, separated into leaves**
- **1 tablespoon balsamic vinegar**
- **½ teaspoon salt**
- **½ teaspoon green peppercorn mustard**
- **Dash freshly ground pepper**
- **3 tablespoons safflower oil**
- **2 tablespoons olive oil**

Wash and dry lettuce leaves. R frigerate covered with pape towels. In small bowl combine vinega salt, mustard and pepper. Whisk i oils. In salad bowl toss lettuce wit dressing. Makes 4 servings, about 9 calories each.

ESPRESSO ICE WITH WHIPPED CREAM

- **3 tablespoons sugar**
- **2 cups hot, strong espresso**
- **Orange peel (optional)**
- **Whipped cream flavored with sugar and vanilla extract o sambuca liqueur**

Add sugar to hot espresso and st to dissolve. Add orange peel strips, each ½ inch wide) and coo Discard peel. Pour into 13x9-inc metal baking pan. Freeze 1 to 1 hours, stirring every 20 minute Serve with flavored whipped crea Makes 4 servings, about 40 ca ories each with 1 tablespoo whipped cream. **Er**

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Joan Kramer & Associates

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TRAVEL TALK

Learn to sail a yacht, or go on our special Journal ski package. By Lois Reamy



Annapolis Sailing School

MY BEST VACATION

I have a feeling of confidence, power and strength when I take the wheel of a thirty-seven-foot sailboat," says Betsy Bliss, fifty-five, who learned to sail with her husband, Dick, three years ago at the Annapolis Sailing School.

"We were looking for something new and exciting to do after our five children were grown," she explains.

The Maryland couple learned the ropes in a session in Annapolis. And they subsequently took more advanced live-aboard courses in the Florida Keys and St. Croix in the U.S. Virgin Islands. They were licensed to captain and crew a thirty-seven-foot yacht.

"When I'm sailing, the first thing I want to do is drop anchor and dive overboard," confesses Betsy, who loves the peace and freedom of the sea. "I would never go back to being just a passenger."

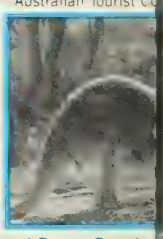
The Annapolis Sailing School (P.O. Box 3334, Annapolis, MD 21403, 800-638-9192; in Maryland, 301-267-7205) gives instruction on all levels in San Diego, St. Petersburg and St. Croix year-round, in Annapolis from late March through October and in the Florida Keys, for nonbeginners only, from November through April.

THE SMART TRAVELER

Apply for your passport now, before the March–July peak period when the lines at the passport offices seem endless. *Your Trip Abroad* tells what's required and lists passport offices nationwide (but not the post offices that also handle applications), and is available from the Public Affairs Office, Bureau of Consular Affairs, Room 5807, State Department, Washington, DC 20520 (enclose a self-addressed stamped envelope).

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Guest Quarters Suite

SWEET SUITES

Mothers traveling with children, couples who like to stretch out and businesswomen weary of hotel living should look into all-suite hotels that provide a stylish apartment for the price of a double room at a comparable hotel. There's usually a bedroom and bath, a dining room, a living room with sofa bed, and a kitchen equipped with setups for coffee and tea, plus basic dishes, pans and seasonings. Among those hotels offering suites is the **Potomac Hotel Group** in Washington, D.C., and Maryland (800-468-3532). **L'Ermitage Hotels** chain (213-278-3344) includes L'Ermitage in Be erly Hills and Le Dufy and Le Mondrian in L Angeles. The all-suite resorts of **Hotel Corpor tion of the Pacific** are on the major islands Hawaii and in Palm Springs, California. Amor the other all-suite chains are **Guest Quarters,** the Washington, D.C., area and the Sou (800-424-2900 or 202-861-6610 in Washingto D.C.); **Park Suite Hotels** in the South and We (800-822-2323 except in Maryland; P.O. Box 200 Annapolis, MD 21404) **Pickett Suite Hotels** Florida, Georgia and Ohio (800-PICKETT); a **Embassy Suites** (800-EMBASSY), with fifty pro erties nationwide.



Stratton Mountain/Hubert Schreibl

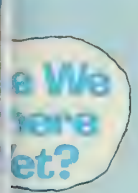
HJ SKI SPECIAL

Vermont's Stratton Mountain ski resort is giving *LHJ* readers a 10 percent discount on the packages described here.

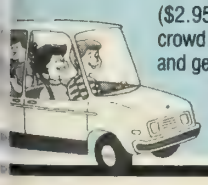
The regular daily rate of the *Midweek Special* is $49.50 $62.75 per person double occuncy, through mid-March, for om, lifts, skiing, use of crossuntry skis and trails and most cilities. Children under twelve ay free in their parents' room id ski for free. (The March 17–ay 1 *Spring Fling* package, regurly $37.50 to $45.45 a day, does t include the kids-ski-free and oss-country features.)

Stratton, a modern alpine vilge in southern Vermont, has irty miles of trails. For details, ll 800-843-6867 in the Eastern ates except Vermont; otherwise, ll 802-297-2200 or write Stratn Mountain, VT 05155. To get the scount, you must mention *LHJ*.

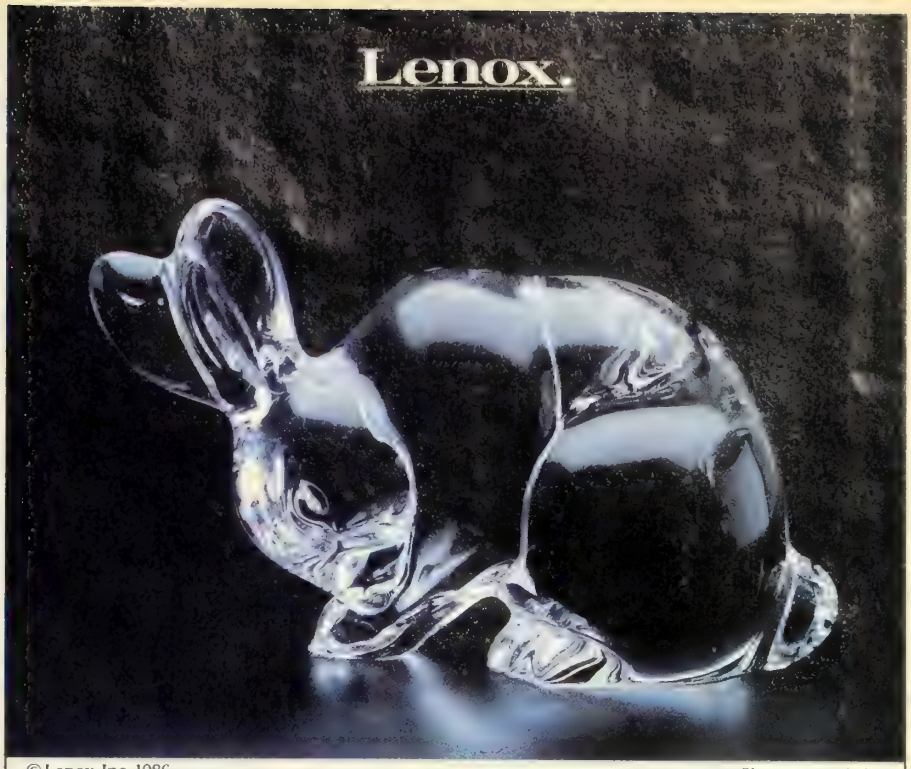
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WOMEN GETTING AHEAD

Taking advantage of the expanding opportunities for women in the workplace. By Shirley Sloan Fader



Joan Kramer & Associates

Q THE "RIGHT" AGE

I'm forty and have a good job. Yet for a couple of years I've had this urge to start my own business. At my age am I being foolish?

A You may be at a perfect age. When business experts Robert Hisrich and Candida Brush studied 468 women who owned businesses, they found the most common age for starting entrepreneurial careers was between thirty-five and forty-five. The typical female entrepreneur is married, has children and is seeking a sense of independence, achievement and job satisfaction, not just more money.

Q DISSATISFIED HUSBAND

My husband complains that I don't spend as much time on cooking and housework since I began working. But we can't make the mortgage and car payments if I don't work full-time. How should I handle it?

A Like many men, your husband is caught—probably without realizing it—between his childhood image of a wife and his adult need for a working wife's income.

The best solution is to get him to bring his mental picture up-to-date. Ask him, "Do you want me to quit? If I quit, how will we handle the mortgage, the car payments and all the other bills?" Once he realizes he needs your income, you can point out that since you've taken on some responsibility for supporting the family, it would be fair if he took on specific household and child-care tasks. By sharing responsibility, you will get more of the necessary work done, and your husband will become more realistic about what is essential.

Q JOBS FROM YOUR HOBBY

How can I turn my sewing hobby into a job? I am very skillful, but I don't want to be a seamstress.

A People with skills can often sell or teach in their fields. For example, a store that sells fabric or sewing machines might be interested in hiring you as a salesperson because you can give customers knowledgeable advice about sewing problems, patterns and fabrics, thereby increasing the store's sales. Because you have the ability to add to their profits, I sure to arrange to be paid salary *plus* cor mission on merchandise you sell. You cou also teach at the store, in adult classes spo sored by your town board of education, at local trade school or at a community colleg This advice applies to any hobby.

Very important: Don't wait for employers advertise openings. Write to them explainir your skills and ask for an interview. Follow u with a phone call. Because your abilities a useful to employers, many will be intereste when you approach them in this way.

SO THAT'S THE ANSWER

You're writing something, and the questio start popping up. Do you mean "its" or "it's, "lie" or "lay," "affect" or "effect"? The information is available in an easily accessibl form in *Dictionary of Problem Words and Expressions,* by Harry Shaw (Washington Squ Press, $4.95). For instance, Shaw points out "have got to" is an undesirable way of saying "must," "should" or "ought to," and he provides examples: "I must do my laund —not "I have got to do my laundry."

Shirley Sloan Fader is a careers specialist and author three books, including FROM KITCHEN TO CAREER: HO ANY WOMAN CAN SKIP LOW-LEVEL JOBS AND START THE MIDDLE OR AT THE TOP (Stein & Day, Briarcl Manor, NY 10510)

FROM TEACHER TO ???

Teachers who can't find jobs or who want to try another career can often build on their training and experience. If you were a mathematics major, look into a career as an actuary, statistician, loan counselor, financial analyst or insurance underwriter. An elementary education major might consider related jobs, such as sales representative for school equipment and supplies, personnel manager, nursery school manager, recreation supervisor, loan interviewer, or employee training representative. These and many other aspects of career change, including a listing of government jobs by college major, can be found in a new paperback edition of *Alternative Careers for Teachers,* by Marna L. Beard and Michael J. McGahey (Arco, $9.95).

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QUICHE PARMESANA

(Makes 6 servings)

9-inch unbaked pie crust with high fluted edge
1 cup (two 4-ounce cartons, thawed) SCRAMBLERS® cholesterol-free egg product
¾ cup water
⅓ cup dry CARNATION® Nonfat Dry Milk
½ cup low fat cottage cheese
¼ cup grated Parmesan cheese
2 tablespoons chopped onion
2 tablespoons flour
1 teaspoon Italian herb seasoning
½ teaspoon salt
Garnish: sliced ripe olives, chopped green pepper, chopped tomato, grated Parmesan cheese

Bake pie crust in oven at 425°F. for 10 minutes. Remove from oven. Reduce oven temperature to 325°F. Place Scramblers, water, dry nonfat milk, cheeses, onion, flour, Italian herb seasoning, and salt in blender. Cover; blend on high speed at least 1 minute. Pour mixture into crust. Bake 25 to 30 minutes or until knife inserted near center comes out clean. Let stand 10 minutes. Slice to serve; garnish



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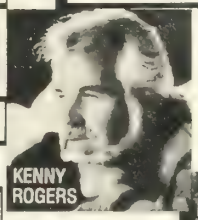
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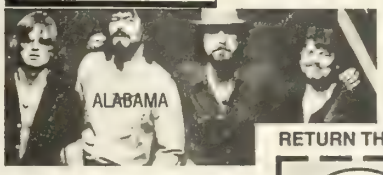


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AH

PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.

CONFUSED PARENT

Q My son and I have always been close, but since he started high school he talks back to me and gets annoyed when I ask him about school or his friends. Why is he acting this way?

A Most teenage boys realize that in order to make a successful transition to manhood, they have to give up their dependency and displays of affection toward their parents. They also quickly become aware that they must form a bond with "the boys" and loosen their childhood attachments to their mothers. Your son is going through this stage. To create some distance between you, he tries to provoke your anger or becomes antagonistic. Furthermore, in his desire for independence, he feels that any questions are an intrusion on his privacy and a form of the supervision he wants to escape.

It is important that parents not respond to this type of behavior in a similar manner (if your son is angry and annoyed, you shouldn't also become angry and annoyed). Continue to set limits and standards that are in his best interests. Recognize that he may not be able to be as close to you as he once was and that this is normal for a boy his age.

PRONE TO INJURIES

Q I've become very accident-prone. I'm constantly bumping into furniture, cutting myself or twisting my ankles. What does this mean?

A There are many reasons that people become accident-prone. Perhaps you are distracted by thoughts that are absorbing your mental energy and, as a result, you are not paying close attention to what you are doing. However, if these accidents persist, you may be obsessed with something in your life that is not going well. Another explanation might be that there is some destructive force at work inside you. For example, you may be feeling a great deal of guilt or concern about something and are consequently punishing yourself.

In either case, it is the frequency of the accidents that is important. If they happen only occasionally, they may be the result of a recurring conflict that you need to resolve. The next time you have one of these accidents, try to remember what you were thinking about when it happened and set aside some specific time to deal with the problem. But if the accidents happen very often, you may be trying to punish yourself for something. In that case, you might want to get professional help.

CONFLICT ON THE JOB

Q My boss and I get along fairly well, but he constantly makes changes in my projects without telling me. Why does he do this, and how can I resolve the problem?

A I have the feeling your boss does not have confidence in his own decisions and is wary of taking risks. A your supervisor, he is supposed to s you on a particular course. But becau his need for approval is so strong, if h receives indications from higher-u that the project is not heading in th right direction, he immediately ste in and makes changes.

I think you can resolve this by fir telling your boss that you admire h flexibility. Then let him know th when constant changes are made it hard for you, as the person in charge the project, to do the job correctly. R mind your boss that since you are pa of his team, your performance reflec on him as well. And give him son suggestions on resolving the proble But because he needs to feel in contr it's wise to let him have the final say. course, there is no guarantee that h behavior will change. If you feel th you can no longer tolerate this situ tion, consider looking for a new job.

LHJ *welcomes your questions for Ps chologist's Journal. Send them to Sonya Friedman,* LHJ, *3 Park Ave., Ne York, NY 10016. Dr. Friedman regre that she cannot respond personally.*

DELAYED PARENTHOOD

Middle-class couples who delay childbearing may be so set in the routines of their lives that they will be unable to appreciate fully the joys of parenthood, says Judith Myers-Walls, professor of child development and family studies for Purdue University's School of Consumer and Family Sciences.

These couples may also have envisioned such a perfect baby that no child could live up to their expectations, she says.

There are several possible explanations for this phenomenon, according to Myers-Walls. First, couples who put off having children tend to feel disillusioned and frustrated by their loss of control. Also, a child often becomes an interruption in the well-established lifestyle of older parents.

Myers-Walls stresses that delayed parenthood does have many benefits. But to avoid problems, she suggests the following: Look at the unexpected antics of your child as a rediscovery of the world; childproof your home; be realistic about your expectations of yourself—for example, don't try to become president of the company while you're raising a child; enjoy your child's imagination and creativity; don't push him into trying to achieve adult goals; and spend time each day alone with your child.

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Each of the 25 bells in this collection is different, distinctive, unique. Thus the bells are of various sizes, ranging from approximately 3½″ to 5¾″ in height. There are different shapes, different colors, different varieties of porcelain. Each bell reflects the pride and traditions of its maker and, in many cases, the heritage of the particular nation involved.

You will recognize the Wedgwood bell immediately, as it is made from the classic Blue Jasper Ware which Josiah Wedgwood originated back in the 1700s. Typically English will be the bell from Royal Worcester—crafted of incomparable Fine Bone China. Bing and Grondahl of Denmark is producing a bell with their world-renowned blue underglazing. Pickard of the United States has created a bell with a solid wood handle—definitely American Colonial in inspiration..

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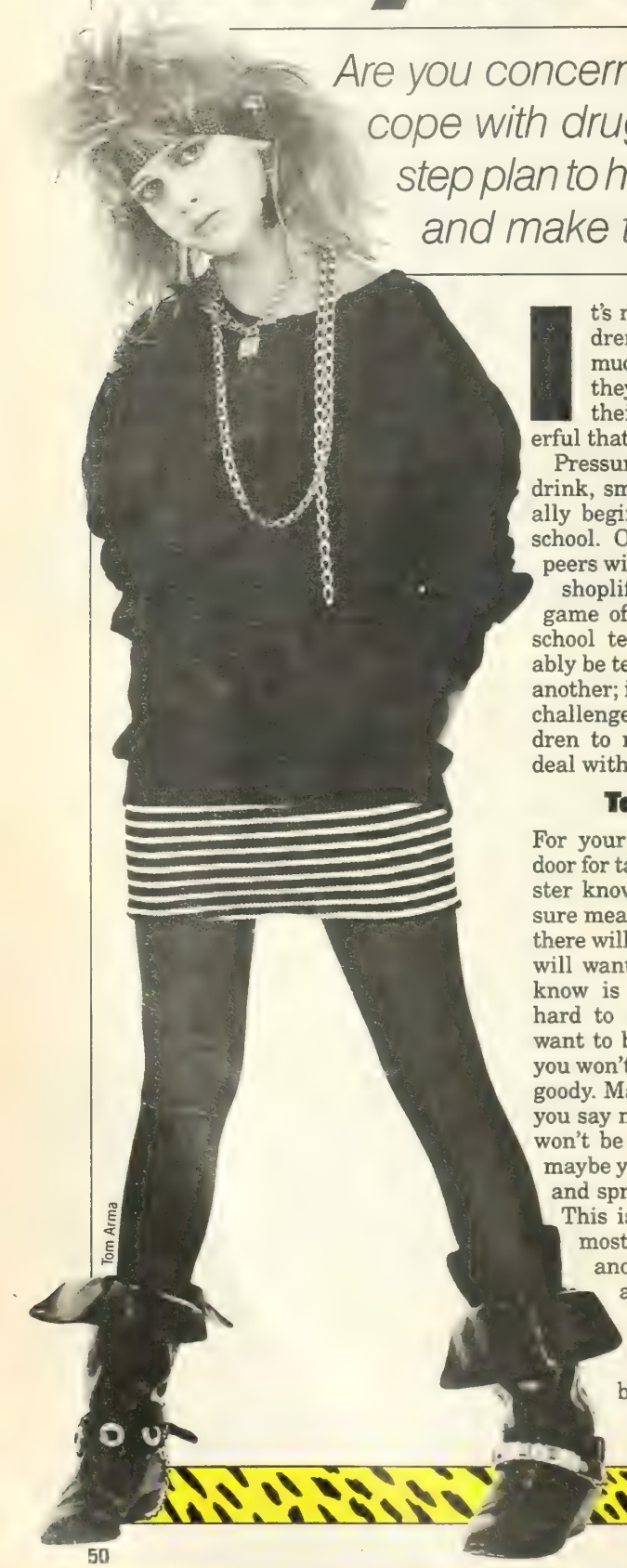
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"But, Mom, everybody does it!"

Are you concerned about how your children will cope with drugs, drinking, sex? Here's a step-by-step plan to help them stand up to peer pressure and make the right choice. By Ellen Rosenberg



Tom Arma

It's not enough to tell our children "don't." No matter how much they understand that what they're about to do is wrong, their need to belong is so powerful that they may do it anyway.

Pressure from peers to take drugs, drink, smoke and experiment sexually begins as early as elementary school. Or perhaps your children's peers will try to pressure them into shoplifting, playing a dangerous game of chicken or cheating on a school test. *Every* child will probably be tested by peers in one way or another; it's part of growing up. Your challenge is to prepare your children to recognize, understand and deal with peer pressure.

Talking it over

For your first step in opening the door for talks, make sure your youngster knows exactly what peer pressure means. You might say: "I know there will be times when your friends will want you to do something you know is wrong, but you'll find it hard to say no because you won't want to be the only one left out, or you won't want to seem like a goody-goody. Maybe you'll be afraid that if you say no, they won't accept you or won't be your friends anymore. Or maybe you'll think they'll tease you and spread rumors around school. This is called peer pressure, and most kids feel it at one time or another. So do adults. You can also feel pressure when you are the only one who wants to do something, but you feel silly or dumb doing it because no one else wants to. Or maybe all your friends will be allowed to go somewhere that you're not."

After you've explained what peer pressure is, ask your child if he has ever felt such pressure from his friends. Let your child offer examples, and share any you remember from your childhood. Such sharing can make you seem much more human and approachable.

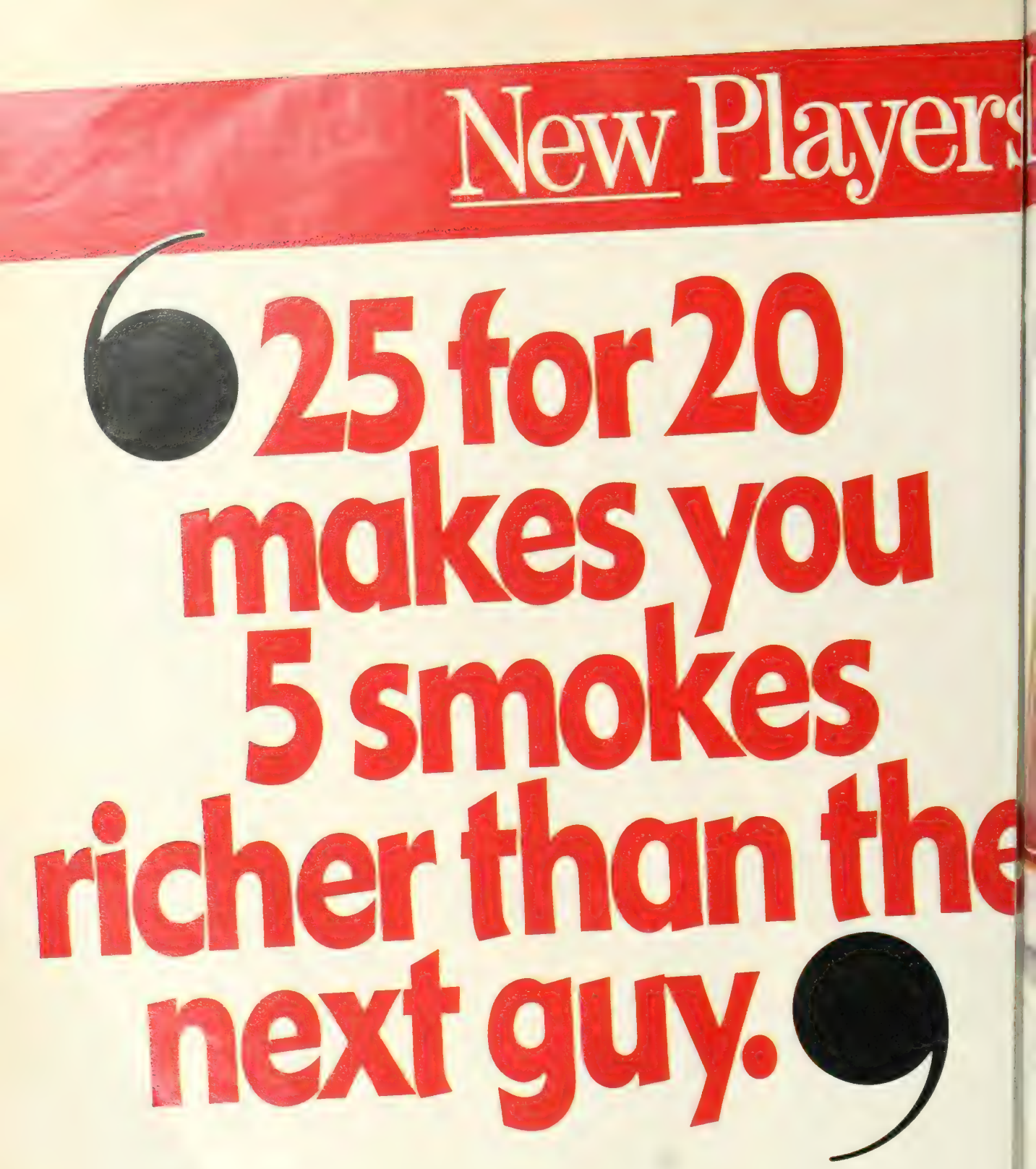
You might continue: "If you ever find yourself in trouble because you allowed yourself to be pressured into something that you know I wouldn't want you to do, it would mean a great deal to me if you'd trust me enough to talk about it, no matter how wrong you know you were, how horrible the situation or how deep the trouble. I'm not promising I won't be angry, but I promise not to let my anger get in the way of listening fairly and trying to help."

But no matter how often parents reassure their kids, many children will hide their feelings of being pressured. Secrecy is deepened when the pressures come from emotionally charged, troubling situations that children know parents won't approve of. Even when the pressures concern a friend's involvement instead of their own, children may not tell their parents for fear that parents will forbid them to see that friend or think that because the friend is doing something wrong, they are, too.

To handle this secrecy, confront any feelings and concerns that might prevent your children from coming to you. Let them know it's normal for kids to *(continued on page 183)*

Excerpted from GETTING CLOSER: DISCOVER AND UNDERSTAND YOUR CHILD'S SECRET FEELINGS ABOUT GROWING UP. Copyright © 1985 by Ellen Rosenberg. Published by The Berkley Publishing Group.


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24 HOURS IN INTENSIVE CARE



Carrie Boretz

EVERY DAY IN THE NATION'S HIGH-TECHNOLOGY ICUs, DOCTORS AND NURSES STRUGGLE TO SAVE THE LIVES OF COUNTLESS PATIENTS. BY MICHAEL J. WEISS

In six thousand hospital intensive care units throughout the country, the most critically ill patients are kept alive by the latest high-tech machines and the split-second skills of their doctors. *Ladies' Home Journal* recently visited the ICU at Holy Cross Hospital in Silver Spring, Maryland, and recorded the heroics and the heartaches of patients and staff during a typical twenty-four-hour period.

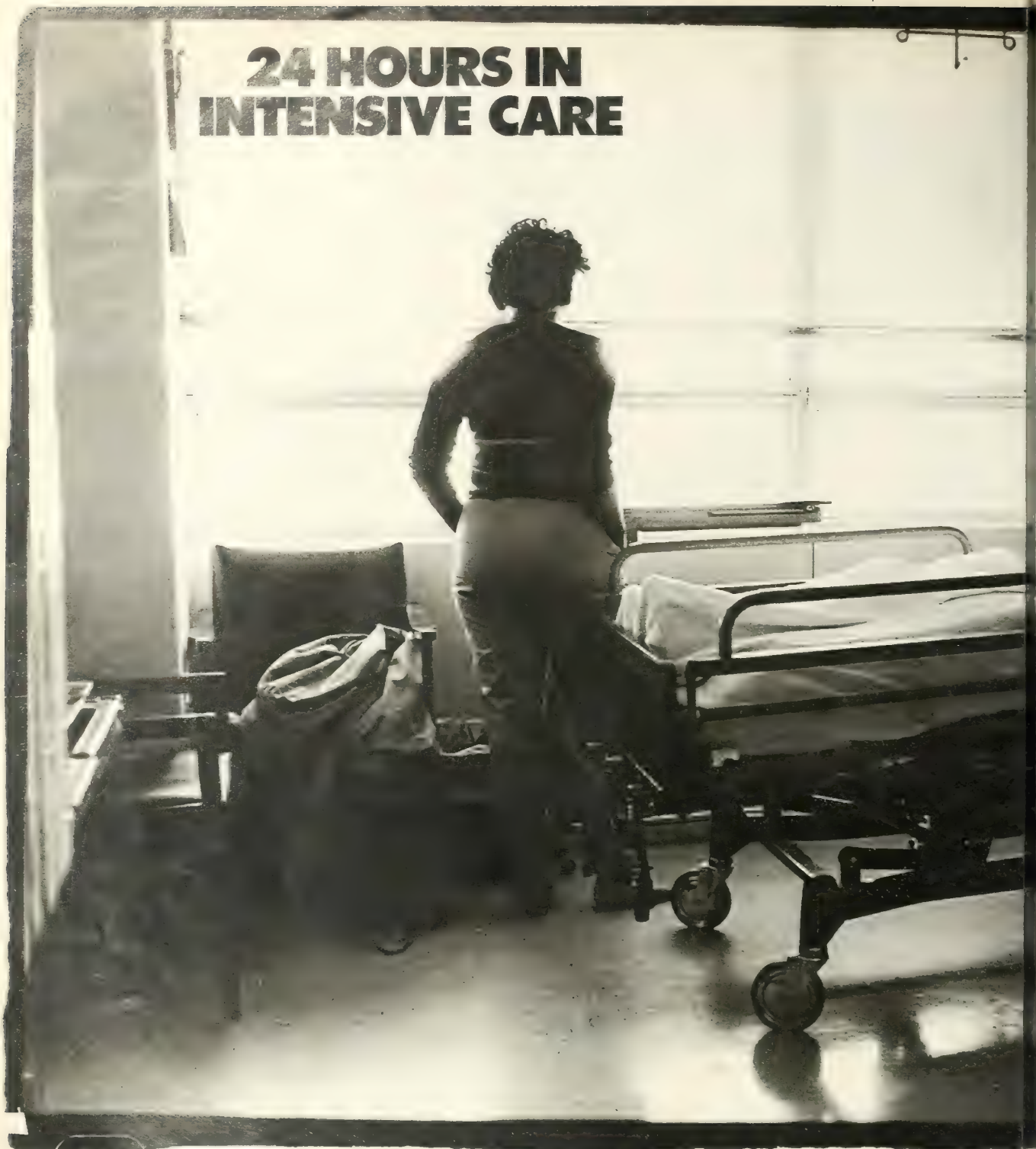


8:14 A.M. Dr. Mark Eig strides into the ICU, pulling out a medical chart from a rack at the nurse's station. As he fiddles with a stethoscope draped over his shoulders, Eig flips through the night's recorded events until he sees the information on one of his patients, and scowls. "Still not out of the woods yet," he mutters.

Stepping quickly into cubicle ICU-2, Eig surveys the bed where Saul Schmidt (the names of all patients in this story have been changed) lies with more than a dozen tubes extending from his body. In the parlance of ICU workers, Saul, seventy-one, is a "train wreck"—a victim of multiple-system failures. Since undergoing colon surgery two weeks ago, he's suffered a heart attack, pneumonia, blood poisoning and kidney failure. His color is a dull gray; his pulse weak but steady.

"Hi, Saul," Eig says while gently placing a hand on his patient's balding head. "How are you feeling today?" Although Saul can see and hear, speaking is nearly impossible because of a nasogastric tube that carries nutrients through his nose to his stomach. Sacs of antibiotics, anticoagulants and glucose hang from stands above the bed, and monitors *(continued)*

24 HOURS IN INTENSIVE CARE

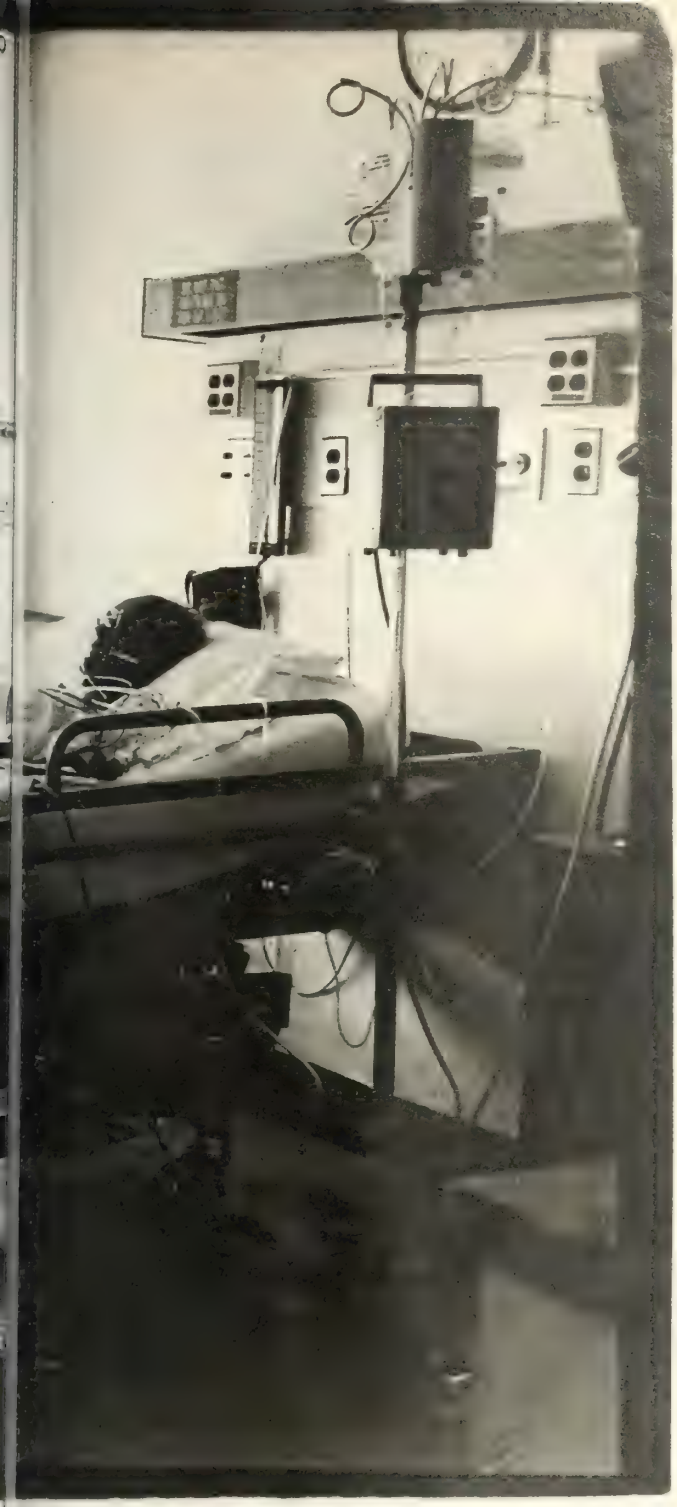


check his blood pressure and heart rate. In the corner, a respirator steadily whooshes air into Saul's lungs. And now Eig considers what else he needs to do to keep the man alive.

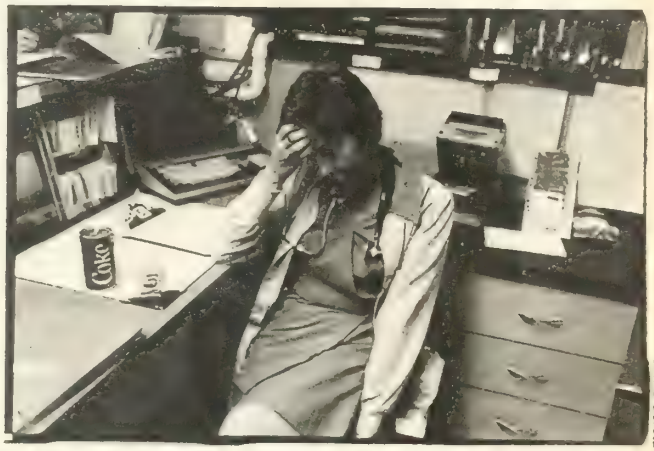
"Saul is a typical intensive care patient," Eig explains. "He's an elderly man with a lot of problems. With a good deal of constant care, he can survive and return to a normal life. If he doesn't get it? Well, you could just watch him die."

The most recent annual figures available show that 859 patients like Saul were treated in the intensive care unit of Holy Cross, a sprawling 450-bed hospital serving the suburbs of Washington, D.C. Patients are admitted at the request of their doctors, when it is fe that their illness is particularly critical or there s some problem that requires constant monitoring the aid of machinery such as a respirator. Victims heart attacks, head injuries, drug overdoses and oth life-threatening conditions spend an average of thr days in the ICU's eight single-bed cubicles.

Because there are no doctors assigned solely to th ICU, Eig is just one of sixteen hundred doctors fro either the hospital or the community who are on ca for ICU duty. While these doctors have no special IC training, being able to draw from such a large po allows the ICU to tap a variety of specialties.







Carrie Boretz

Keeping a vigil for a critically ill loved one in an ICU takes a tremendous emotional toll on family members (left). One consolation is knowing that patients in an intensive care unit get the best medical treatment available. They are monitored around the clock by highly skilled doctors and nurses as well as by the most modern and technologically advanced equipment (top). Still, in spite of all efforts, not every patient can be saved, and dealing so frequently with death results in emotional burnout for some caregivers (bottom).

In 1972, the unit at Holy Cross briefly received national attention for its care of former Alabama governor George Wallace following an assassination attempt during his presidential campaign. Most of the time, however, its beds are occupied by patients of less renown. Many, like Wallace, survive. The most recent figures show that seventy-four patients per year—less than 10 percent of those treated—died in this unit.

Eig, a lanky thirty-five-year-old, delicately runs his hand up and down Saul's leg, feeling for a pulse that's barely there. Low blood pressure is preventing Saul's kidneys from removing blood toxins properly, and Eig wants to put him on a dialysis machine—"the Maytag," as the doctor affectionately calls the artificial kidney device. "If we don't, the poisons in his body will surely get him," Eig tells a nurse taking notes. "Can we find a family member to get permission to put him on the rinse?"

"His wife and son are just outside in the lounge," the nurse replies.

Eig peers out at the ICU lounge, takes a deep breath and walks over to the middle-aged man and white-haired woman. He knows it may take some effort to convince them of the urgency of Saul's illness, since many people fear permanent dependency on the dialysis machine. Like most ICU physicians, Eig often dreads dealing with family members more than with the patients.

Saul's wife and son rise as Eig enters the lounge, but he waves them to their seats, noting the dark circles under their eyes. A week of daily visits to the ICU is starting to take its toll. (Family and friends are allowed at the bedside of the patient for fifteen minutes each hour, from 11 A.M. to 2 P.M. and 6 P.M. to 8 P.M.) "I'm still not used to all the tubes hooked up to my father," Schmidt's son says later. "Even after coming to the ICU ten times, the eleventh time is a shock." *(continued)*

Toying with his stethoscope, Eig addresses the Schmidts in a blunt, matter-of-fact tone. "His heart and lungs are fine, and he's alert," he begins optimistically. "But we're losing ground because the kidneys are failing. We think it's necessary to put him on the dialysis machine."

"Can we wait?" Mrs. Schmidt asks.

"No, because his condition could get worse. The tissues are breaking down, and there's a problem with seizures."

There is a pause. "Then do what needs to be done," Saul's son tells Eig. Mrs. Schmidt nods, already walking into ICU-2 to see her husband. "Can you hear me, dear?" she says, bending over Saul. "Squeeze my hand if you can hear me."

His hand remains motionless, and Mrs. Schmidt looks away. There is no sound at all but the whooshing of the respirator, no motion other than the electrically induced rise and fall of Saul's chest. Blankly staring at the equipment, she reaches into her purse for a tissue.

9:00 A.M. Nurse Daria Gough-Berman is at the nurse's station, which is nestled between the two long hallways of the L-shaped IC unit. She is one of fifteen nurses who will work alternating shifts over this twenty-four-hour period. She checks the bank of monitors, observing the blips that represent the heart rhythms and blood pressure of each patient. Alongside the station's long olive-green counter, an orange resuscitation cart, equipped with drugs, catheters and syringes, stands ready for cardiac-arrest emergencies. It serves as a constant reminder to everyone that even a few seconds can make the difference between life and death.

"When you do IC medicine, you learn very quickly whether you're right or wrong," says Dr. Jay Weiner, a thirty-six-year-old lung specialist. "And there's an unbelievable amount of gratification when you save a life. That's why you wake up at three in the morning to come into the ICU. Someone is critically ill, and except for you, they'd die. Everything is at stake."

A chime rings at the nurse's station, and nurse Gough-Berman sprints into ICU-5 to change an empty bag of intravenous antibiotics for Elizabeth Brown. The fifty-year-old bookkeeper had visited her physician a week earlier complaining of headaches and periodic fainting spells she'd been sufferi for years. Tests revealed a buildup plaque in the main artery along t right side of her neck—a common co dition among middle-aged wome With the plaque accumulation slowi the blood flow to her brain, Elizabeth h become a prime candidate for a strok

Five days late Elizabeth unde went surgery scrape the arter But while the su gery was successfu her recovery w not. Soon after s was wheeled in ICU-5, her brain b gan to swell, pro ably as a result of piece of loosene plaque causing blood clot in h brain. Nurses sun moned the on-du surgical residen Dr. Barbara Bas who discovered th Elizabeth had ju suffered the strok her doctors ha hoped to prevent.

"When I foun Elizabeth, she w almost dead," r calls Bass, a surg cal resident wit long brown ha pulled back over ho pital-green scrub "She was alread comatose. Her brai was blown up like balloon. She woul have been a perma nent vegetable in few hours if nothin had been done." I jecting steroids t reduce the swellin and drugs to circu late more oxyge through the blooc Bass slowly brough her patient out the coma. Elizabet still can't move her left arm, but Bas believes that physical therapy will soo remedy that.

Hooking up another IV bag of anti biotics, nurse Gough-Berman ask Elizabeth about her memory of the pas few days. Elizabeth looks confused an stares at the IV lines attached to he right wrist. A respirator hisses in th corner. "I don't even know how lon

Add an Italian note to chicken...



been here," she says. "Everything noisy and strange . . . and I'm ied about the bill. What if my in- nce won't cover everything?"

izabeth's financial fears are not un- anted. Nationwide, the cost of car- or patients in intensive care units run as high as $2,000 a day, with lth insurance lly paying only percent of the The high cost is in part from nsive life-sup- and monitoring pment, such as pirators, arti- l kidney ma- es and heart- monitors. For nple, a comput- ed heart-moni- ng system, which ws nurses and ors to read all ents' heart rates a glance, costs 3,000 alone.

30 A.M. *"Code e! Seventh floor I. Code Blue."* urgent voice kles over the pital's intercom. *le Blue* means a ient is suffering rdiac arrest and ds immediate at- tion. From about lozen different ms, physicians, ses and medical dents designated day's code team e toward the crit- l-care wing.

Two floors below, Robert Stroud, team leader, is t completing a ysical when he ars the code alert. takes the thirty- ar-old medical ident less than a nute to maneuver e hospital's halls and stairways and sh into ICU-1. A team of doctors and rses soon join him, surrounding a avyset man lying motionless in bed, s body naked to the waist. Earlier at morning, seventy-six-year-old lph Walker had suffered a massive art attack while gardening. At the t of the bed, Stroud directs the resus- ation effort in a calm voice belying the pandemonium around him. An anesthesiologist rapidly and expertly threads a tube down Ralph's windpipe to force pure oxygen into his lungs. An ICU nurse pokes a line for intravenous fluids into his right wrist to stimulate his heart. Squeezing between two medical students, another nurse checks for a pulse that is nearly nonexistent.

"Let's get some compression!" Stroud calls out, as a young medical student climbs onto the side of the bed and begins pumping the man's chest with the heels of both her hands. Above the bed, a bright-green dot bounces across the monitor screen, signifying Ralph's heartbeat. At a glance, Stroud reads trouble in the rocky peaks of the line.

"Let's prepare the defibrillator," he says. A technician reaches for the machine, which provides an electrical shock to stimulate the heart into action. "Stand back, everyone," the technician calls as he presses the two defibrillator paddles onto Ralph's chest. The body convulses and bounces hard off the bed as the jolting electrical current flows powerfully through it.

"Do we have anything now?" Stroud demands.

"We've got a pulse," announces a nurse. For a moment, smiles flash around the table. In the corner, a white-haired nurse and a young medical student hug each other in celebration.

But Stroud continues to frown. On the monitor, the green line of Ralph's heart dives up and down wildly. "The pulse still looks faint," he says. "Resume compression."

The medical student climbs back onto the bed, beads of sweat coating her forehead, and resumes the closed-chest heart massage. The code clock, which had been activated when Ralph went into cardiac arrest, reads sixteen minutes. Stroud eyes the clock and then silently calculates how much brain damage has probably occurred.

"How's the pulse doing now, Charlie?" Stroud asks.

"No pulse."

"His eyes?"

"Fixed and dilated."

"We're losing him," the doctor says flatly, frowning hard.

12:05 P.M. Ralph's attending physician arrives, wearing a rumpled navy suit, his forehead creased with worry. He takes one look at his patient, a second at the code clock, and *(continued)*

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winces. "Any pulse? Any spontaneous respiration?" he asks Stroud in a hoarse whisper.

"There's been nothing in the last twenty minutes. Do you want to try a pacemaker?"

The doctor takes a deep breath and sighs. "I would stop the code," he murmurs sadly.

"Okay, everyone, stop it," Stroud says in an even voice. For an instant, no one moves. Then, slowly, a nurse turns off the respirator. On the monitor, the green line flattens and disappears. "Many thanks, everyone," Stroud says, as doctors and nurses begin shuffling out silently. Only the medical student who had diligently pumped Ralph's chest stops at the door to take a final look back at the still body.

1:30 P.M. For many who work in ICU, experiences like these take a toll. That's why it's not unusual that a cluster of nurses has assembled to give a farewell party for a fellow nurse, Carla Halik, who describes herself as "emotionally burned out." At most hospitals, in fact, the turnover rate for ICU nurses is high. Halik, forty-five, spent the last seven years in ICU but has decided to leave for the relative calm of the operating room. "I need a break from the stress," says Halik, a stocky, no-nonsense woman who chain-smokes between caring for patients. "I'm tired of dealing with dying patients and anxious families. And I'm tired of not being able to offer hope to someone who may not survive."

Still, the decision to leave has not been made without regret. The job has been personally and professionally gratifying. For one thing, in the hospital hierarchy, ICU nurses are at the top of their profession. Doctors, who normally bark at nurses in the operating room, treat the specially trained ICU nurses with deference and respect their analytical abilities. "IC nursing is the crème de la crème," says Halik, who has enjoyed the prestige, although she has earned only an unremarkable $13 an hour for her expertise. And despite the stress of working with patients who may die, Halik will miss the contact she has been able to have with them. (In Holy Cross's ICU, the nurse-to-patient ratio is one-to-two, unlike the ratio on general medical floors, where one nurse may be assigned to care for as many as ten patien

She will also miss the feeling being essential, recalling, for exam the time she stuck her finger int man's ruptured artery, saving him fr bleeding to death. "I love to be i crisis, knowing I can help," she says don't know of many jobs that can g you the satisfact of saving someo life." A trio nurses, slicing c and passing pieces, quickly their assent. Ha is thoughtful fo moment. "I'll pr ably be back wit a year," she says just need an e tional breather. heart will always in IC nursing."

2:15 P.M. Two derlies wheel A Felix, an eigh five-year-old L vian immigra who speaks no E lish, from the em gency room i ICU. Earlier in day, Anna h fallen at home a hit her head on floor, causing a m sive brain hem rhage that left in a deep coma. electroencepha gram (EEG) fai to reveal any e trical activity in brain. Only a re rator pumping o gen into her lu keeps her he beating.

"She's existi not living," says Hector Collis Anna's thirty-t year-old physici "Her brain failed, and one one, her other s tems are failing, too." After a sec EEG confirms that Anna is brain-de Collison sits down with Anna's dau ter, Regina, to discuss alternatives.

"I can keep your mother on a respi tor for weeks, but there really is point to it," Collison says. "She was yond hope even before she arrived the hospital."

Regina Felix, a social worker w

Why serve fish with a little flair?



dealt with the suffering of others her life, listens to the grim news, ding her head slowly. Her eyes are dshot from earlier tears, but she is -eyed now. Anna's fate is sealed sev- minutes later when her ICU chart narked "Patient is no code as per ily and Dr. Collison." Regina wants eep Anna on the pirator only until friends and rel- es can say their farewells at the pital.

o Anna has been pped up in bed, risp of a woman th gray hair shed back, a de- t chin and eyes t peacefully. Her st rises and falls he bidding of the pirator. But even h the mechanical , her cardiovas- ar system has rted to deterio- e. The heartbeat oss her monitor een is weak and steady, and her od pressure has pped to a danger- sly low level. A up of friends and atives begins to ift in for the very t time.

45 P.M. Techni- n Soncerri Mozel eels the bulky di- sis machine into U-2 alongside ul Schmidt. She ms as she makes e final adjust- nts and sets the als for the pa- ent's two-hour inse." Then, with e dialysis ma- ine slowly pump- g tainted blood rough the filtering stem, she bends er Saul's bed and strokes his forehead. "Saul, I wanted to tell you that I went my first Passover seder this year," she ys as the machine hisses away. "We d gefilte fish, which I liked, and opped liver, which I didn't like, and a of sweet wine. I bet you'd have en- ed that."

Saul's face remains expressionless, t Mozel smiles enough for both of them. "One of the most important things we can do is jog a patient into daydreaming about familiar experiences," she remarks. "Saul is hearing a lot of noises that are strange and frightening, so I'm trying to give him a connection to reality. Some people go insane from hearing these noises."

In fact, doctors and nurses describe a psychosis they call ICU-itis, which they see in some patients who spend too much time in the intensive care unit. The intrusive tests rarely allow patients to sleep for more than three hours at a stretch. In addition, there is the constant hum of activity, the foreign whirring and clicking of machines, the glare of bright lights that never go out. As a result, some patients become disoriented and hallucinate or physically assault the doctors. "It's an agitation from being completely depersonalized," says Eig. "The patients don't have any idea where they are. They don't know what they're doing."

Only a few days ago, a sixty-year-old teacher began showing psychosis symptoms after a month of ICU care. He began to yell at nurses changing his dressings every two hours. One morning as a nurse walked by his room, she heard him moaning in his sleep, "I want out," while he angrily pulled at the gauze strips that restrained his wrists and protected a web of tubes.

The next day, the man was released from the ICU and wheeled to a room in the general medical wing. "He'd had enough," one nurse recalled. "We discharged him for psychological reasons." But the release may have been premature. The following day, his irregular heartbeats turned into a heart attack. Without the constant monitoring by nurses and ICU equipment, efforts to revive him proved futile. Less than twenty-four hours after being discharged from the ICU, the teacher was dead of a massive coronary.

Soncerri Mozel is very well aware of how important her soothing storytelling is to the patients. In the hour or so since she entered Saul's room with the dialysis machine, his usual twitching subsided, and his face took on a serene expression. "I hope he's dreaming about the past," Mozel says, moving her fingers gently through his sparse hair. "Sometimes that's the only way we can give somebody dignity in here." *(continued)*

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5:36 P.M. A woman bellows from ICU-6. The patient is Lynn Smith, an eighteen-year-old college student with a history of depression and psychiatric problems. Earlier in the day she discovered her boyfriend was living with another woman. She responded by taking an overdose of theophylline, an antiasthmatic drug, in an apparent suicide attempt.

Lynn's sister took her to Holy Cross's emergency room, where doctors administered a combination of remedies: liquid charcoal to absorb the drug and a laxative to settle her stomach. She's been weeping and vomiting most of the afternoon. As she's wheeled into the intensive care unit, her attending physician tells nurse Nancy Vito to maintain a close suicide watch.

Nancy enters Lynn's room to try to calm the young woman, who is crying and curled into a fetal position on her bed. As she gently rubs Lynn's shoulder, Nancy shakes her head at the irony of an ICU patient who wants to die in the midst of so many fighting for their lives.

8:05 P.M. Saul Schmidt's wife arrives in ICU-2 for evening visiting hours, greeting Patrice Knapp, who is the nurse on duty. Knapp has seen Saul's condition deteriorate steadily, and she plans to talk with the family about making Saul a no-code patient—allowing doctors to forgo intervention if his heart stops beating.

But tonight, Saul's family has other plans. Mrs. Schmidt sets up pictures of their granddaughters in front of Saul as her son pulls a Sony Walkman from his pocket. He explains to Knapp that Saul loved to dance with his granddaughters to Michael Jackson music. The girls have prepared a get-well tape for their grandfather of themselves singing along with the *Thriller* album.

Knapp doesn't know whether Saul will be responsive to the tape, but she doesn't mind complying with the family's wishes. "The patients with the best chance for survival are the ones with a lot of family support," she says. Being careful not to disturb the tubes running out of his head and arms, Knapp places the earphones around Saul's head and clicks on the recorder.

Then, a miracle happens in ICU-2. Slowly, almost imperceptibly, Saul's mouth creases into a smile. Laugh lines form around his eyes. At the other end of the bed, his bare feet begin boun up and down, as if dancing. The m tor over Saul's bed confirms the res his heartbeat is stronger.

Wide-eyed in amazement, Schmidts can't believe the change. Schmidt lets out a nervous giggle falls into the arms of her beaming Nurse Knapp is overcome by dramatic reactio a man she'd tho was beyond h Staring at the denly animated ure, she can't back her te any longer.

"It's like laughing insi she says, wiping eyes. "The must be bring back wonderful ages of dancing v his grandchild A nurse can t away pain, but knows she can n make a patient that good."

For ten minu the Schmidts sit watch the beaut scene as the t plays out, a sr etched on each their faces. W it's time to le Saul's son prom Knapp he'll br more tapes on next visit. M Schmidt then le close to her h band's ear and a "Are you feeling better, dear?"

Saul's eyes main shut, but head nods slight

"You just n more rest," she s "Can you sque my hand?" Sa hand closes ge around his wife's. She kisses Saul's f head and walks out with her son.

With another look behind her, Kna leaves the room to splash some c water on her teary eyes. Returning ICU-2, she starts charting the e ning's events, whistling as she wri "I think Saul just might make it," s says with conviction.

11:58 P.M. Kathy Lang, the nig

Make chicken a touch more interesting...



t supervisor, enters ICU-3 to check
ıa Felix's status, as Anna's daughter
two grandchildren continue their
l. Regina corners Kathy outside the
ın. "When we take my mother off
respirator," she says, "will it be a
matic event?"

No, it will be a slow process," Lang
s reassuringly.
hat we expect is
her heart rate to
w, and then she'll
s."

ess than an hour
er, a respiratory
rapist comes in
CU-3 and discon-
cts the ventilator.

Lang predicted,
ere is no dramatic
ange in Anna's
ıdition but rather
steady slowing of
r heart rate, a
wnward dip in her
ood pressure.
ove her, the green
t skips irregu-
rly across the
onitor screen.

The staff chap-
in's office is called,
d moments later
orian McGlannan,
e thirty-three-
ar-old Episcopal
aplain on night
ity, arrives at
nna's room. After
ading everyone in
brief prayer, she
onsoles Anna's
mily about their
ecision. "When you
ave someone who
being taken off a
espirator, there's a
ot of guilt about
hether it's the
ight thing to do,"
IcGlannan ex-
lains. "You have to
ay that it's okay
nd it's not the kind
f life God wants us
o lead. I've seen
eople on respirators for weeks at a
ime while the family goes through in-
redible pain."

1:15 A.M. At the nurse's station, a green light on Anna's heart monitor flashes IRREGULAR RHYTHM. After thirty minutes off the respirator, the green peaks and valleys measuring her heartbeat are long and weak, yet still they refuse to disappear.

Anna's grandchildren walk out of the room to lie down in the lounge for a few minutes, leaving only Regina at the bedside. She crosses her mother's hands in peaceful repose and touches Anna's cheek, which has turned a waxy yellow. As her eyes begin to well up with tears, she feels the chaplain place her arm comfortingly around her shoulder. Then she surrenders herself to painful sobbing.

At the nurse's console, Anna's heartbeat has slowed to less than thirty beats a minute. At 1:35, the monitor flashes EXTREME BRADY, indicating a very slow heartbeat. Five minutes later, ALARMS SUSPENDED blinks on the screen next to a red light. The wavy green heart line suddenly disappears, and the screen goes blank. Finally, the words NO DATA FROM BED appear.

Her eyes bloodshot and ringed with dark circles, Anna's daughter walks to the nurse's station to thank everyone for all the care they've given her mother. She manages a weak smile before walking out, tightly clutching three yellow daffodils in her hand from a bouquet brought earlier by a neighbor.

4:30 A.M. Nurse Vito checks on Lynn Smith, who has been sleeping peacefully since about midnight. Her cheeks are beginning to show a hint of color, and the puffiness around her eyes has subsided already. It's clear that the young woman is out of immediate danger, and there is a very good chance she might be discharged later that day. Vito heads back to the nursing station, feeling gratified that ICU has made the difference. It looks as if Lynn Smith will survive and have another chance at life.

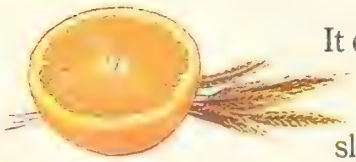
The unit remains quiet until dawn—a welcome contrast to the commotion of the day before. Between monitoring the patients, Nurse Lang takes advantage of the calm to read *The Journal of the American Medical Association*. "Even after eighteen years in an ICU," she says, "there's still an awful lot to learn."

7:45 A.M. The first physicians begin appearing for the next shift, relieving those who have been so physically and emotionally taxed. Another day has begun at Holy Cross's ICU—a day that may bring new hope for some of the patients. In a unit where life is measured by blips on a monitor, the smallest signs of progress are celebrated with great joy. **End**



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MONEY NEWS

Up-to-the-minute advice to help you manage your money
By Katherine Barrett and Richard Greene

HOW DOW?

Whether you get your daily business news from TV, radio or newspapers, the first thing you're generally told about is the previous day's activity on the Dow Jones Industrial Average.

Yet many people—even a number of sophisticated investors—don't really understand what the Dow is telling them . . . and what it isn't.

It isn't, for example, a real indication of what happened over a wide spectrum of the stock market on a particular day. In fact, the Dow is calculated with only thirty stocks (including such household names as IBM, AT&T and Exxon). What's more, because of the way the average is calculated, the companies with higher-priced stocks have a much greater effect on its movement than lower-priced ones. IBM, for example, has about six and a half times the effect on the Dow that AT&T does.

As a result, the ninety-year-old Dow average is useful as a historical record, but it has real shortcomings as an investor's tool.

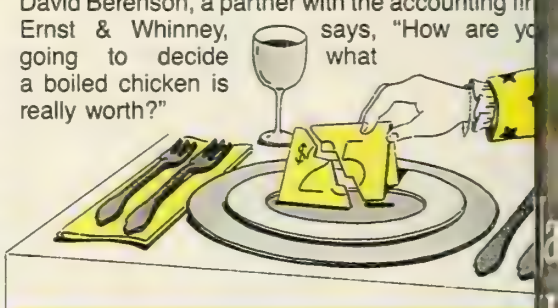
Says James Cloonan, president of the American Association of Individual Investors, "The Dow gives you a quick guess of what the market did on any day, but it is so biased and so unrepresentative of the entire economy that you can't use it for a meaningful analysis."

If you want to evaluate the progress of your own stocks or a mutual fund against the general market, you'd probably be better off looking at a broader index. One increasingly popular alternative is the Wilshire Index, which takes into account about five thousand companies and can now be found in many newspapers.

CHARITY BEGINS . . .

Let's say you go to a charity dinner and pa $20 for your ticket. If you're like many ta payers, you deduct the whole $20 at ta time. But you're breaking the law if you d In fact, you are allowed to deduct only the portion of charitable contribution that is genuinely charitable. for example, the dinner you got for your $20 contrib tion was worth $10, you could legitimately deduct ju $10. The same applies to charity auctions. If you b $50 for a pair of theater tickets with a fair value of $5 you have no deduction.

Fortunately, many charities make this calculation ea ier by telling you the value of the dinner or the entertai ment. But others leave it up to the donors to ascerta how much they can legally deduct. This can be tricky. A David Berenson, a partner with the accounting fir Ernst & Whinney, says, "How are yo going to decide what a boiled chicken is really worth?"



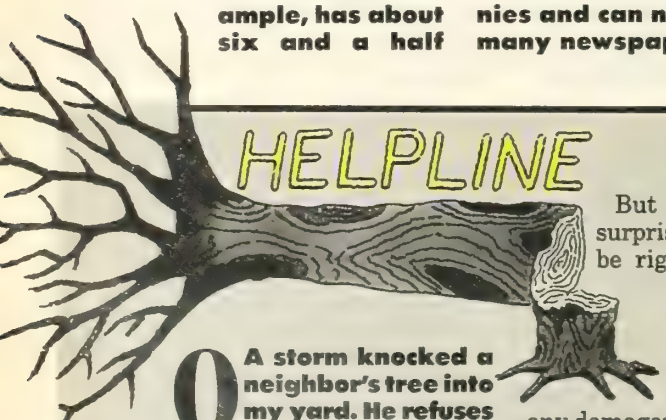
FREE BOOKLETS

There's no sense in payin for advice when you can g it free. And there's plenty free advice on money ma ters available from the fe eral government.

Here's a list of titles you can ord from the Consumer Information Ce ter, Dept. 58, Pueblo, CO 81009. Whi there is no cost for individual booklet there is a $1 fee for two or more.

- "Student Guide—Five Federal F nancial Aid Programs" (513N).
- "Alice in Debitland: Consumer Pr tections and Electronic Banking" (589N
- "Before You Say Yes: Fifteen Que tions to Ask About Investments" (614N
- "The Consumer's Resource Handbook (613N).
- "Consumer Credit Handbook" (591N
- "Consumer Handbook on Adjustab Rate Mortgages" (610N).
- "How to Buy a Telephone" (600N).
- "Mail Order Rights" (603N).

HELPLINE



Q A storm knocked a neighbor's tree into my yard. He refuses to pay to have it removed, saying that it's my problem. Is he right?

A In most cases, situations like this are simply resolved by the insurance companies of the neighbors. And when that happens the outcome may depend on the exact provisions of the homeowners policies involved.

But if push comes to shove, surprisingly, your neighbor may be right. According to Robert Lashaw, a New York City attorney, it might not be so easy to force your neighbor to pay for the tree's removal or for any damages it caused. To do that you would have to prove that your neighbor could have foreseen that his tree would fall in a storm, that it was decaying or was weak in some way.

"If you can't do that, your neighbor could invoke the so-called act of God defense," says Lashaw. "If he can prove that it was impossible to foresee that the tree might fall, then he can't be held responsible."

Shirley Kaneda



Jazz up your Mardi Gras with Hillshire Farm Smoked Sausage.

atch the spirit of Mardi Gras with Hillshire Farm. nerica's great-tasting Smoked Sausage is made owly and carefully on the Hillshire Farm, and ings you the flavor of Mardi Gras in just minutes. zz up your meal with Hillshire Farm Hot Smoked ausage or any other variety, for that old-fashioned ste worth celebrating...on any occasion.



HILLSHIRE FARM CREOLE SMOKED SAUSAGE AND SHELLS

Makes 4 to 6 servings

- 1 to 1½ lbs **Hillshire Farm Hot Smoked Sausage** or **Original Smoked Sausage**
- 1 28-oz can Italian style tomatoes, drained, reserving ½ cup liquid
- 1 3-oz can tomato paste
- ½ medium green pepper, seeded
- ½ small onion
- 1 stalk celery
- 1 garlic clove
- ½ tsp salt
- ¼ tsp pepper
- 1 Tb flour
- 3 cups uncooked shell macaroni, prepared according to package directions
- hot pepper sauce to taste

Heat Hillshire Farm Smoked Sausage according to package directions; cut into serving pieces. Meanwhile, in blender or food processor, purée tomatoes and reserved liquid, tomato paste, green pepper, onion, celery, garlic, salt, pepper and flour. Transfer Creole sauce mixture to saucepan and bring to boil; reduce heat and simmer several minutes. Combine Creole sauce with prepared macaroni shells. Arrange on serving platter with Smoked Sausage; add hot pepper sauce to taste. Garnish as desired.

Hillshire Farm

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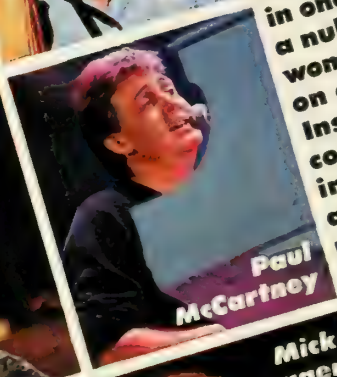
Hillshire Farm gives you more great-tasting meals.

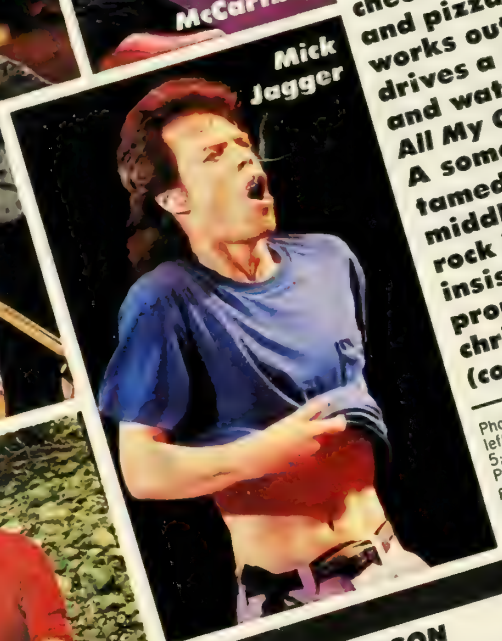
THE MEN OF ROCK & ROLL

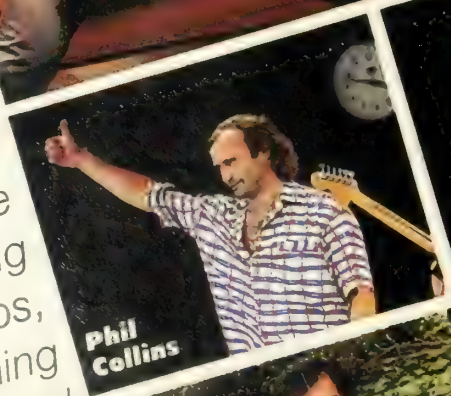
Rock stars are wild and wicked, right? Wrong. Many of today's superstars spend as much time watching soaps, cleaning house and taking care of the kids as the rest of us













The clichéd image of the male rock star has always been that of the rebel with long, wild hair, skintight satin pants, a bottle of scotch in one hand and a nubile young woman hanging on each arm. Instead, consider these images: An all-American newlywed who likes cheeseburgers and pizza, works out, drives a Chevy and watches *All My Children*. A somewhat tamed and middle-aged rock idol who insisted on a proper christening f

(continued)

Photos, clockwise from left: Neal Preston/Cam 5; Fabio Nosiotti/LGI; Preston/Camera 5; K gan/Camera 5; Debo Feingold. Outline; N Preston/Camera 5

BY LISA ROBINSON



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STORE COUPON

his third and fourth children. An English country squire whose house is alive with children and animals, and whose personal fortune is estimated in the hundreds of millions. The short, balding English singer/songwriter/drummer who is also the father of two. And the former hippie who is now a Marin County baseball fanatic. Finally, there's a Long Island boy whose wildest pursuit is riding motorcycles.

Who are these men of rock and roll? They're today's hottest musicians—Bruce Springsteen, thirty-six; Mick Jagger, forty-two; Paul McCartney, forty-three; Phil Collins, thirty-five; Huey Lewis, thirty-five; and Billy Joel, thirty-six.

While there are still those who shave half their heads and clank their metal jewelry as they walk down the street to a punk beat, there's no doubt that most of the stars at the very top, especially as they turn forty or near it, start to live more conventionally than they did in their early days. Many of the stars who dominate rock's ranks today are relatively staid and middle-aged as well as happily married with children. Rather than displaying the debauchery and decadence one might expect of their profession, today's six top male performers seem deeply devoted to their music . . . and to their families.

"The Boss"

New Jersey–born singer/songwriter/guitarist Bruce Springsteen is undoubtedly the hottest rock and roll performer in the country, perhaps the world, today. His seventh and most recent album, *Born in the U.S.A.*, has surpassed his earlier hits by selling over fifteen million copies worldwide. And his concert tour was a sixty-one-city sellout, with five million people coming to see the four-hour marathon show.

More than most rock performers, Springsteen has an appeal that is nearly universal. His image is that of a working-class hero, but his fans include yuppies, factory workers and students. And in a time when rock and roll is being decried as a harmful influence on young minds by people concerned about explicit lyrics and videos, few can argue with the fact that Springsteen, tagged by the media as "The Boss," sets a positive example for youth. From his hard-work ethic to his heartfelt altruism—the star donates part of his profits from every concert to a local charity—Springsteen espouses values that would make any mother proud. Striking workers, clinics, veterans' organizations, food banks and labor groups have all benefited when Springsteen has given a show in their town.

And this past spring, much to the chagrin of half the female population in the country, Springsteen married beautiful model Julianne Phillips.

"This has been the greatest year of my life," Springsteen says. "I feel like the luckiest man in the world." The best may still be to come, because with his touring over for now, the rumors are that he and Julianne want to start a family as soon as possible.

It was only a few years ago that Springsteen said, "I know I live too much for myself now. Occasionally I find myself thinking, Hmmm . . . if I have a kid now, when I'm . . . he'll be . . . but then I let the thought go. Some of the guys in the band have kids, and it's real hard. To live this kind of life, you have to ignore the kid. But you know," he added, "everybody's got to make it on his own—kids included."

Springsteen, who grew up in Freehold, New Jersey, and is still close to his parents and sister, Pam (all of whom now live in California), may have become more concerned with starting a family of his own in recent years, but for the most part, his music is his life.

> "I need a stable relationship," says Mick Jagger. "You can't have that and sleep with everything in sight."

"Everything for me is through music," says Springsteen, who generally sleeps all day before one of his concerts. "I just want to be the best I can be, and I don't know what that is, or what I think that is, but I keep looking for it. If I do anything onstage," he continues, "it's like a reaffirmation. I like to let people know that they are *alive*."

How has marriage affected his music? Bruce hasn't recorded a new album since his wedding; however, if the shows on his recent fifteen-month tour were any indication, he hasn't lost an ounce of rock and roll energy.

"You know," says Springsteen, "I don't think there is such a thing as success." He laughs. "Because you always trying to live with yourself you are, but also trying to make so thing better of it. There's still mo want to do, a bigger effect that I wan have, there's just *more*, you know?"

Rock's bad boy

Mick Jagger is the aging brat of r and roll. For over twenty years he personified the iconoclastic rock s but beyond the arrogant swagger the jet-set image, he has been par one of the great musical legacies. Rolling Stones, for which he is l singer, have recorded thirty-one bums, sold one hundred and ten mill of them and have toured the U.S. instant sellout hysteria nine times.

Yet this man with the outlaw imag also a financial whiz who attended London School of Economics, knows m than most people about nineteen century literature and Georgian fu ture and enjoys barbecuing chicken his country home on Sunday afterno

Once considered the most outrage rock star in the world, Jagger has p haps handed that title over to Princ David Lee Roth. He hasn't really m lowed much; he still has his *attitu* But he also has four children: teen daughters Jade and Karis, by his f wife, Bianca, and actress Marsha Hu respectively, and a daughter (Elizab Scarlett, who will be two next mo and new baby son (James Leroy A ustine, born last August) with current love, top model Jerry H with whom he has lived for the p eight years.

"I do need a stable relationship in life," says Jagger. "And you can't ha stable relationship and go around sleep with everything in sight. H ever, I've also told Jerry that I can't cut off from one half of the populat You can't stop having affairs if t come along, but there is a differe between that and trying to be v every girl you meet."

So even today Jagger doesn't so like a typical family man, and when he begins to talk about his c dren, he sounds like any proud fat "I love having children," says Jag whose own family life was a stable r dle-class one in Kent, England, out London. "I spend a lot of time think about how I can help my children grow up in the best possible way.

"With Elizabeth, we play for an h Then she has a meal or goes to sl The play period is very important, cause that's how they learn thi When children bang on xylophone play ball or with bricks, that's w they pick up stuff. Then I help put to bed . . . that's really important gives a sense *(continued on page*



Forty years ago I had a back-alley abortion. I almost died from it."

If you wonder whether legal abortion is a good idea, ask any woman who survived an illegal one.

She'll tell you how painful, dirty, humiliating, and horribly dangerous a back-alley abortion was.

But despite the incredible risks, millions of American women had abortions before they were legalized nationwide in 1973. An untold number were maimed for life. Thousands were literally slaughtered, packed off bleeding and infected to die in abject terror.

Today the threat to women's lives and health no longer comes from abortion. It comes from those who want to outlaw it. People who argue that abortions should be banned—even if the result will be as horrifying as it was in the past.

This increasingly vocal and violent minority will stop at nothing. They've resorted to harassment, physical threats, and even bombings. They're attacking the Constitution. And they're pressuring lawmakers to make abortion illegal again—for all women. Regardless of circumstances. Even if her life or health is endangered. Even if she's a victim of rape or incest. Even if she's too young to be a mother.

Speak out now. Use the coupon. Or they just might succeed in turning back the clock to when women had no choice. But the back-alley.

The decision is yours.

☐ I've written my representatives in Congress to tell them I support: government programs that reduce the need for abortion by preventing unwanted pregnancy; and keeping safe and legal abortion a choice for all women.

☐ Here's my tax-deductible contribution in support of all Planned Parenthood activities and programs: ☐ $25 ☐ $35 ☐ $50 ☐ $75 ☐ $150 ☐ $500 or: $_____

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MEDINEWS

The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse



FEELING SICK? GET OUT OF BED

Next time you're feeling under the weather, resist the urge—and Mom's advice—to stay in bed. Bed rest is being prescribed less as the adverse effects of inactivity (bone and muscle loss, a decrease in blood volume, and general cardiovascular deconditioning) come to light. And in nearly every medical specialty, the approach is to get patients back on their feet.

Why the new trend? The latest information comes from medical studies done for NASA, since bed rest and weightlessness have similar effects on the body. In space, astronauts try to counteract weightlessness by riding a stationary bicycle. Here on earth, perhaps the negative effects of bed rest can be minimized by getting out of bed as soon as you begin to feel better.

KEEPING YOUR IMMUNE SYSTEM IN SHAPE

Exercise can help build strong bones and muscles, and according to a recent study, it may also build a stronger immune system. Italian scientists have found that exercise increases the activity of interferon, one of the body's natural virus fighters. The study, reported in the Journal of Applied Physiology, *showed that the interferon activity in eight normally sedentary men more than doubled after an hour of exercise. Scientists still don't know whether people who exercise regularly experience the same effect, or whether the increased interferon activity helps bolster resistance to colds, flu and other viral diseases.*



THE COLD FACTS ABOUT WINTER SAFETY

We may all love the way ice glistens in the winter sunlight, but when we have to walk on it, we should be careful.

According to a survey conducted last winter by the Opinion Research Corporation of Princeton, New Jersey, the most severe winter accidents occur when someone slips on icy or snow-covered parking lots, driveways, steps or sidewalks. In two out of three of these falls, a physical injury results, typically a broken bone.

How do you avoid becoming part of this year's statistics? The National Safety Council recommends that you:

- **Wear footwear with soles and heels that provide good traction or, better yet, cleats that grip the ice.**
- **If you have to walk on slippery surfaces, lean forward slightly and relax your knees, take short steps, or shuffle with feet flat on the ground.**

If, in spite of these precautions, you find yourself falling, the Ice Skating Institute of America recommends that you "go with the fall," bending the knees, tucking arms into the body and falling on the buttocks so you slide when you hit the ground.

For more information on winter safety, send for a free booklet from Dow Chemical USA. Send your name and address to: Don't Be a Fall Guy Guide, P.O. Box 1206, Midland, MI 48640-9969.

NEW CERVICAL CANCER TEST

Soon to be added to the growing number of at-home medical tests on the market: a test for cervical cancer. The test, as yet unnamed, has been tried on approximately fifteen hundred women in the Atlanta area and is awaiting FDA approval. It is expected to be available within the year.

Explains Dr. Arnold Bernstein, one of the test's developers: "The device looks just like a tampon, but it's a sponge. It's inserted into the vagina like a tampon, then removed. The sponge is placed in a solution, then sent to a laboratory for analysis. What the sponge does is take a sample of cervical cells, very much like a Pap smear."

Bernstein, who is director of the division of gynecological oncology and chairman of the department of obstetrics and gynecology at the Georgia Baptist Medical Center, in Atlanta, adds that the test is not intended to take the place of regular exams.

Why does a busy student like Eileen Travell use Lightdays® Pantiliners?



"I want to feel just-showered fresh all day, every day."

"Sometimes I think I'm the world's busiest college freshman. For one thing, the school I'm attending is pretty demanding. Plus, I'm involved in all kinds of extracurriculars and sports — like women's basketball as often as I can play.

So it's nice to know I have a little extra protection, thanks to Lightdays Pantiliners. Lightdays keep me feeling morning-shower fresh and comfortable all day long. They're really thin, and perfect to wear with jeans or even basketball shorts.

Lightdays Pantiliners always give me a feeling of confidence. And confidence is one thing I want to have when I'm in class or out there on the basketball court."

Eileen Travell

Kotex® Lightdays® Pantiliners are designed with a special hourglass shape that curves where you curve. So they fit comfortably. They're also remarkably thin, with three adhesive strips to hold them firmly in place. Use Lightdays for extra protection during your period and to feel just-showered fresh, anytime.



For just-showered freshness all day, every day.

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Leading Vegetable Oil. More saturated and other fats.
Frozen to -4°F. and partially thawed.

Puritan Oil. Less saturated and other fats.
Frozen to -4°F. and partially thawed.

Many health experts recommend lowering the saturated fat in our diets. So it's important to know Puritan has less saturated fat than the leading vegetable oil.

To prove this, both oils were frozen, then thawed. The other brand is cloudy, in part because it has more saturated and other fats. Puritan has less of these fats. So the difference is clear.

Puritan Oil. Low in saturated fat.

MEDINEWS continued

If you're convinced your physician is speaking a foreign language when he tries to explain what's wrong, here's a quick guide to "medspeak." Once you understand what the word parts (derived from Greek and Latin) mean, it's easy to put them together and figure out exactly what a term describing a specific disease or condition means. For example, hypoglycemia *comes from* hypo, *meaning "under" or "deficient,"* glyco, *meaning "sugar," and* emia, *meaning "blood," so that* hypoglycemia *means low blood sugar.*

MEDICAL LANGUAGE: A TRANSLATION

PREFIXES		COMBINING FORMS (ROOT WORD PLUS VOWEL)		SUFFIXES	
A-, AN-	without	ANGI-	blood or lymph vessel	-ALGIA	pain
AD-	near	ARTERIO-	artery	-CYTE	cell
ANTI-	against	ARTHRO-	joint	-ECTOMY	excision of
END(O)-	within	CARDIO-	heart	-EMIA	blood
EP(I)-	on, upon, over	COLO-	colon	-ITIS	inflammation of
HYPER-	above, over, excessive	DYS-	painful, abnormal	-MEGALY	very large
HYPO-	below, under, deficient	GLYCO-	sugar	-OMA	tumor, swelling
INTER-	between	HEMA-, HEMO-	blood	-OSIS	disease, morbid process
INTRA-	within	HEPATO-	liver	-OSTOMY	artificial opening
MACRO-	large	HYSTERO-	uterus	-OTOMY	incision into
MICRO-	small	LEUKO-	white	-PATHY	disease of
PERI-	around	LIPO-	fat	-PNEA	breathing
POLY-	many	NEPHRO-	kidney	-RHAGE, -RHAGIA	bleeding, bursting forth
POST-	after	OSTEO-	bone		
PRE-	before, in front of	SCLERO-	hard	-RHEA	flow
		VENO-	vein	-URIA	urine

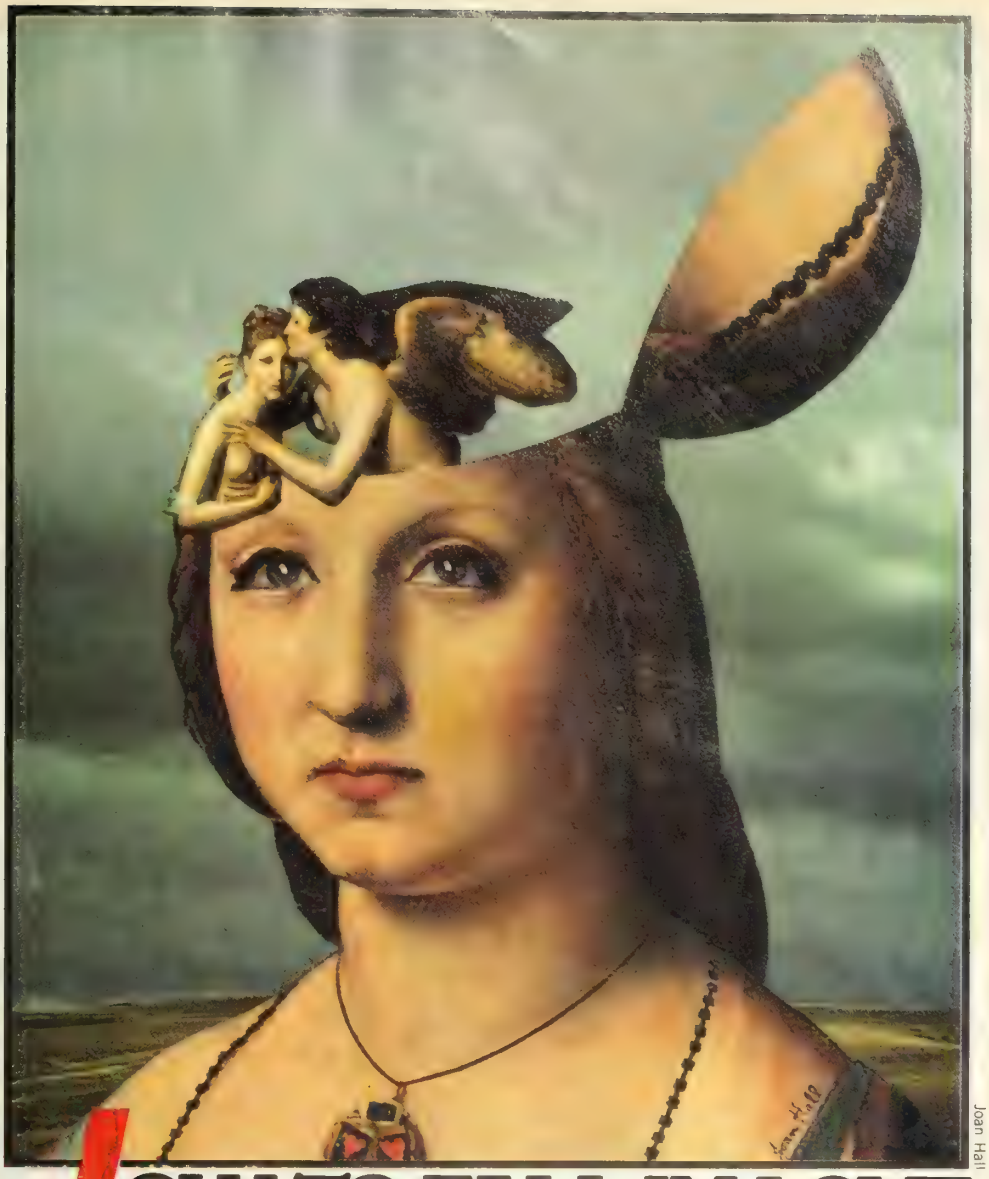

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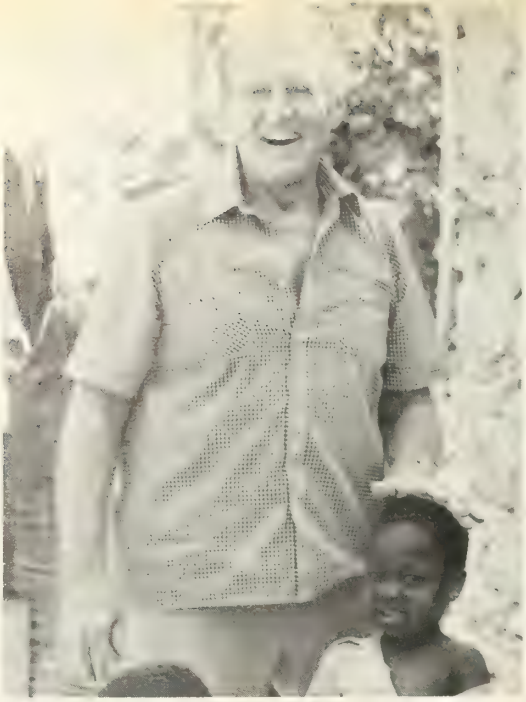
Joan Hall

HOW TO FALL IN LOVE WITH HIM AGAIN

Are you wondering what happened to the blinding passion you felt when Cupid's arrow first struck? Read on for wise ways to recapture the romance in your marriage and make your husband your lifelong valentine.

After nine years of marriage, Sharon, thirty-one, woke up one morning and realized that she was no longer in love with her husband, Hank. Gone were the days when she looked forward to being with him. Gone, too, were the nights filled with heart-to-heart talks, teasing and lovemaking. Instead, Sharon and Hank seemed to spend what little time they had together arguing and criticizing each other. "It got to the point where I started to wonder who was going to get the Waterford," Sharon says of those bitter months. Now, two years later, Sharon and Hank have rekindled their love by *(continued)*

By Nancy Rubin



Meet My Friend John Louie

I met him in a remote mountain village in Haiti. That little smile you see is rare. John Louie doesn't have much to smile about. Two other children in his family have already died from disease caused by contaminated water and poor sanitation.

Poverty is a way of life here. John Louie's mother makes about 80 cents a day. There has been no work at all for his father. There is little to ease the hunger that gnaws at John Louie's insides day after day.

But one day World Vision Childcare Sponsors brought hope into John Louie's life. A deep-water well was dug, bringing sparkling clean water to the village.

His father is being taught how to raise chickens as a new source of family income. And the family is also discovering a personal God who loves and cares—and that's something that money can't buy.

If you can sponsor a child for just $20 a month, I hope you will, because, believe me, there are thousands more like my little friend John Louie who desperately need help.

You will receive a photo and background information on your child. You will also be able to correspond directly with your child, and you'll receive periodic updates on his or her progress so you can be assured that your gifts are making a difference.

To become a World Vision Childcare Sponsor, simply complete and mail the coupon below. There's no need to send any money now. Instead, you'll receive a packet of information about the child who needs your love and care.

Then, if you decide to become a sponsor, keep the packet and mail your first sponsorship payment of $20. If not, return the material within ten days and owe nothing.

Please act today. Thousands of poor children are waiting.

WORLD VISION
Helping people care

Art Linkletter

☐ Please send me information and a photograph today of a child who needs my help. (I understand that if I decide to become a World Vision Childcare Sponsor, I'll send my first $20 payment within ten days. If not, I'll return the materials so someone else can help.) SI

☐ I prefer to make my first payment immediately. I enclose $20.

☐ I can't sponsor a child right now, but would like to contribute $_____.

1000

Name_____

Address_____

City/State/Zip_____

Phone (_____)_____

Your sponsorship payments are tax deductible.

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FALL IN LOVE AGAIN
continued

learning to share their deepest fe ings. As a result, they have develop new respect for themselves and ea other. Sharon no longer believes s must absorb her husband's anger abo his career difficulties; Hank no long feels that Sharon is unreasonably pendent upon him for approval or em tional support. Tenderness and hones have replaced their rancor, and th love has become deeper and richer.

Contrary to popular expectation, f married people experience the happi ever-after scenario of fairy tales. fact, there comes a time in most m riages when husband and wife fall u gracefully out of love. Sometimes happens slowly, with the accumulati of a thousand little annoyances: t dirty clothes left on the bedroom flo the forgotten birthday, the hurtful mark. Just as often, there's a sudd moment of disillusionment—the rea zation that your husband has not be putting in extra hours on the job as h told you but has been having a f drinks with the boys after work, or t fact that he's failed to keep up his enc the housekeeping chores now th you're working full-time.

Psychologists and marriage cou selors tell us that the disappearance romantic rapture may be jarring but a normal part of long-term relati ships. In any marriage there are bou to be periods filled with strain, wh even the most compatible partners fi themselves at odds.

At such times you might start wonder what happened to the excitin caring man you married. The go news is that he's still there. It's just th now you're seeing another side of hi Chances are, when you first fell in lo with your husband, you got only part the picture—the flattering part th set your heart aflutter and made y say "I do."

The dynamics of love

In his best-selling book, *The Road L Traveled* (Touchstone, 1979), M. Sc Peck, M.D., explains that what we co monly call falling in love is only te first step in loving and is based on te infantile need to find a partner who ca meet all of our needs. According to Peck, it's only later, when we've fall out of love with that idealized version of our mate and developed a more reali tic picture, that we can truly begin to give. It is at this stage, he says, that we can find real joy in loving.

Other experts think that while it's perfectly natural to long for a bliss ul union with our mate, life tends to pl us apart. *(continued on page 16)*

Fact:

"This is the Room That Light Made," the 1983 first plate in a landmark series from the Rockwell Society of America, cost $19.50 when it was issued. It recently traded at $69.00—an increase of 254% in less than two years.

Fact:

"A Young Girl's Dream," 1985 first plate in the newest Rockwell Society plate series and the first plate in the first series ever endorsed by the Norman Rockwell Family Trust, is available now for $19.90.

You can draw your own conclusions from the facts above. We at the Bradford Exchange have already drawn ours. As the world's largest trading center for collector's plates, we think "A Young Girl's Dream" could go up in value just as dramatically as other first issues from the Rockwell Society of America. And because of its endorsement by the artist's family, "A Young Girl's Dream" could post an even more spectacular rise.

Consider the evidence.

It's a genuine work of art.
It is fully certified in the limited-edition plate collection as a true "Rockwell Classic" by the Rockwell Society of America. Each plate is hand-numbered, and the edition is strictly limited to one hundred firing days.

It's the first plate in the first series to bear the official endorsement of the Norman Rockwell Family Trust.
Each plate bears a seal attesting to its certification by the artist's heirs. The artist's son Thomas Rockwell has said, "The combined skills of Edwin M. Knowles China and the Rockwell Society have produced a plate that is faithful to the spirit of Norman Rockwell's portrayal of our better selves."



"A Young Girl's Dream"

First plate in the Rockwell's American Dream collection
from the Rockwell Society of America

On fine Edwin M. Knowles china.
Rimmed in 14K gold
Diameter: 8½ inches (21.6 cm) Bradex Number: 84-R70-7.1

And it's likely to increase in value.
Rockwell Society first issues are magic on the plate market. In fact, all Society first-issue plates on the secondary market now trade at an average of more than four times issue price.

Of course, not all plates go up in value; some go down. But all the evidence points to a possible early sellout of "A Young Girl's Dream." So place your order today, while it's still available at the original issue price of $19.90—before it's had a chance to increase in value.

Complete the buy-order form and mail with your check or money order to:

The Bradford Exchange
9345 Milwaukee Avenue
Niles Chicago, Illinois 60648

Risk nothing with the Bradford Exchange 365-Day Guarantee.
At any time within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a check for everything you've paid, including postage, without the necessity of a resale transaction.

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Buy-Order Form

223E88003 Please respond by February 28, 1986

Mail to:
The Bradford Exchange
9345 Milwaukee Avenue
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YES. Please enter my buy-order for "A Young Girl's Dream," first plate in Rockwell's American Dream collection from the Rockwell Society of America. Limit: one plate per customer.

I wish to order ONE plate for $19.90 plus $1.94 postage and handling for a total of $21.84. (Illinois residents add $1.53 sales tax for a total of $23.37.)
☐ My check or money order, payable to the Bradford Exchange, is enclosed.
Please charge my account: ☐ Visa ☐ MasterCard

Card No. Exp. Date

Signature

Name

Address

City State Zip

Please respond promptly—Because plates are produced in a limited edition, we can guarantee availability at issue price only until the edition is sold out. We'll ship your order in four to six weeks. 670-A

Talking with DOCTOR GOODSEX

She looks as if she could be everybody's favorite doting grandmother, but millions of people clamor for her advice on orgasm, impotence, kinky sex and AIDS.



"No, it isn't true that if you have sexual intercourse standing up you won't get pregnant."

"No, you mustn't douche with a soft drink."

"And yes, an orgasm is just a reflex, like a sneeze."

It's hard to believe the dispenser of this information is a four-foot seven-inch smiling dynamo wearing a conservative knit dress and a single strand of pearls. But over the last year, Dr. Ruth Westheimer, a fifty-seven-year-old psychosexual therapist with an eccentric style that mixes frank sexual advice with good humor, has become a national institution. On her two-hour live radio show, *Sexually Speaking*, she fields questions from callers across the nation about subjects ranging from rape to adultery to lesbianism to venereal disease. On her cable TV program, *The Dr. Ruth Show*, one million viewers see her interview celebrities such as Burt Reynolds, Cyndi Lauper and Gloria Steinem and whiz through mock therapy sessions. She seems to be everywhere on commercial TV as well, matching wits with Phil Donahue and Merv Griffin. Her fame crosses all boundaries: Not long ago, she was the subject of a *New Yorker* cartoon, was satirized on *Saturday Night Live* and was honored by students at Yale University.

After listening to Dr. Ruth's reverberating *rrrr*s for a while, it's easy to understand why she's so popular. Her manner is down-to-earth and reassuring—she tries to make people feel better, value themselves, trust their instincts. "I suppose I have chutzpah," Dr. Ruth offers as an explanation of her popularity. "I speak frankly. I say 'penis' and 'clitoris.' I have a sense of humor about sex. It's fun and it's enjoyable—I make that part of my message. But I'm obviously not a sex symbol, so I'm not threatening."

Perhaps what is also reassuring about her is that she respects traditional points of view. She doesn't encourage adultery or partner swapping; in fact, she's a defender of love and commitment. "I'm really very conservative about sex," she says. "I was shocked by the sexual revolution of the sixties." After all, she says, "I'm a middle-aged woman with a husband and two grown children. I'm a square."

By Patricia Bosworth

Square or not, Dr. Ruth gets three or four thousand calls an hour on *Sexually Speaking*. She can barely answer twenty in that length of time. Her producers urge her to keep the calls short, but she refuses. "I talk and listen as long as I believe is necessary," she says. Today, the show airs in eighty American cities as far-flung as Anchorage, Alaska. From those who are too shy to talk about their problems on the air, there comes a flood of mail. Dr. Ruth can't answer these thousands of questions with more than a form-letter reply.

It seems that the public is just plain obsessed with the subject of sex. "Sure, we're obsessed with it," she agrees. "It's no longer taboo to talk about sex, to dramatize it, to illustrate it in movies, in books, on TV," Dr. Ruth says. "We're bombarded by sexual messages everywhere we go. But sex *information*," Dr. Ruth says, "solid, specific sex information, remains a mystery to most people throughout our society. We live in an era of tremendous sexual freedom *(continued)*


What's Fruity,
Nutty,
Chewy,
DATES
Crunchy,
WALNUTS
Tasty,
Tender,
Tempting,
Hot, Hearty
and Downright Delicious?
INSTANT QUAKER OATMEAL
FORTIFIED WITH VITAMINS AND MINERALS
New Flavor!
with real Apples, Raisins & Walnuts
INSTANT QUAKER OATMEAL
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with real Raisins, Dates & Walnuts
The "Fruit and Nutty Ones."
From Instant Quaker Oatmeal.
Two hot cereals you can really sink your teeth into!

and tremendous sexual ignorance."

Ignorance isn't all that troubles her. She is also worried about what she feels is today's biggest health crisis: the AIDS epidemic. "It's terrible, terrible," Dr. Ruth says. "Until we have a cure, AIDS is going to change everything in this country. There's going to be more virginity, more abstinence, more prolonged courtship. There will be AIDS tests before marriage, before pregnancy. This could turn us into an altered society, a more fearful society. Something has to be done.

"I'm very much an optimist, so I'm sure there'll be a cure for AIDS, but until then, I say to homosexuals: Masturbate or stay with one partner."

Dr. Ruth, who has a master's degree in sociology from New York's New School for Social Research and a doctorate in education (Ed.D.) from Columbia University, is asked everything from the banal to the bizarre. She is rarely stumped. "I think it's important for people to know I'm trained and that I know what I'm talking about," says Dr. Ruth, who is certified as a sex therapist by the New York Hospital–Cornell Medical Center. These professional credentials are a particular source of pride to Dr. Ruth, who never graduated from high school and whose first official certification was as a maid.

For every unusual question Dr. Ruth is asked (one man wanted to know what to do when his girlfriend bought him an inflatable "love doll" and asked to watch—Dr. Ruth told him to "give it a name and have a good time"), there are many questions she hears over and over again. "From the men, questions about masturbation and premature ejaculation," says Dr. Ruth. She usually treats the latter as a psychological problem. "Some men ejaculate very fast," she says. "We don't know exactly why. Sometimes the man is under terrific pressure to perform, and he worries." She advises women whose partners have this problem to "help him to relax and enjoy." As for impotence, also a key male concern, Dr. Ruth says, "True impotence is very rare. Since I'm not a medical doctor I never make a judgment about whether it could be caused by medication or diabetes. But it is ordinarily only temporary and can be caused by depression or tension. It is, however, a very treatable sexual dysfunction."

Women, for their part, ask her most frequently about orgasm. "One of the biggest myths I have to deal with," says Dr. Ruth, "is that many women believe they don't need to experience orgasm, that women don't need sexual release the same way a man does. That is just not true. The main reasons some women have difficulty in achieving orgasm during sex are embarrassment and ignorance about their personal needs. Women have to remember that the clitoris is *always* involved in a female orgasm. The clitoris is the chief means of sexual arousal for a woman, as central to her orgasmic response as the penis is to the man's.

"I recently treated a couple who'd been married more than twenty years," Dr. Ruth continues, "and they had never had sexual satisfaction together, had never been able to talk openly about it. In the last decade, there's been a great deal of new scientific information about sexual dysfunction, but the information isn't widely available. That is where I and other therapists come in—to bridge that gap."

There are other on-air psychologists, but Dr. Ruth has clearly set herself apart from the pack. Observers say the difference is that Dr. Ruth can say anything and get away with it. To a man worried about the size of his penis, she advised, "Make friends with your penis. It's the only one you've got." To another caller who wanted to know just how far kinky sex should go, Dr. Ruth replied, "Don't do anything you feel is offensive or hurtful or a turn-off. But there's nothing wrong with new uses for peanut butter or onion rings as long as you have a relationship."

> *"One of the biggest myths many women believe is that they don't need to experience sexual release."*

This sort of comment has led some to call her irresponsible, indecent, crude. To which she has answered, "I don't treat sex as a solemn business. . . . We should all learn to be sexual gourmets."

Some people are not enchanted by her approach for different reasons. Detractors charge that Dr. Ruth concentrates too much on plumbing and not enough on relationships. Others warn that she is in danger of becoming known as an entertainer instead of a psychologist.

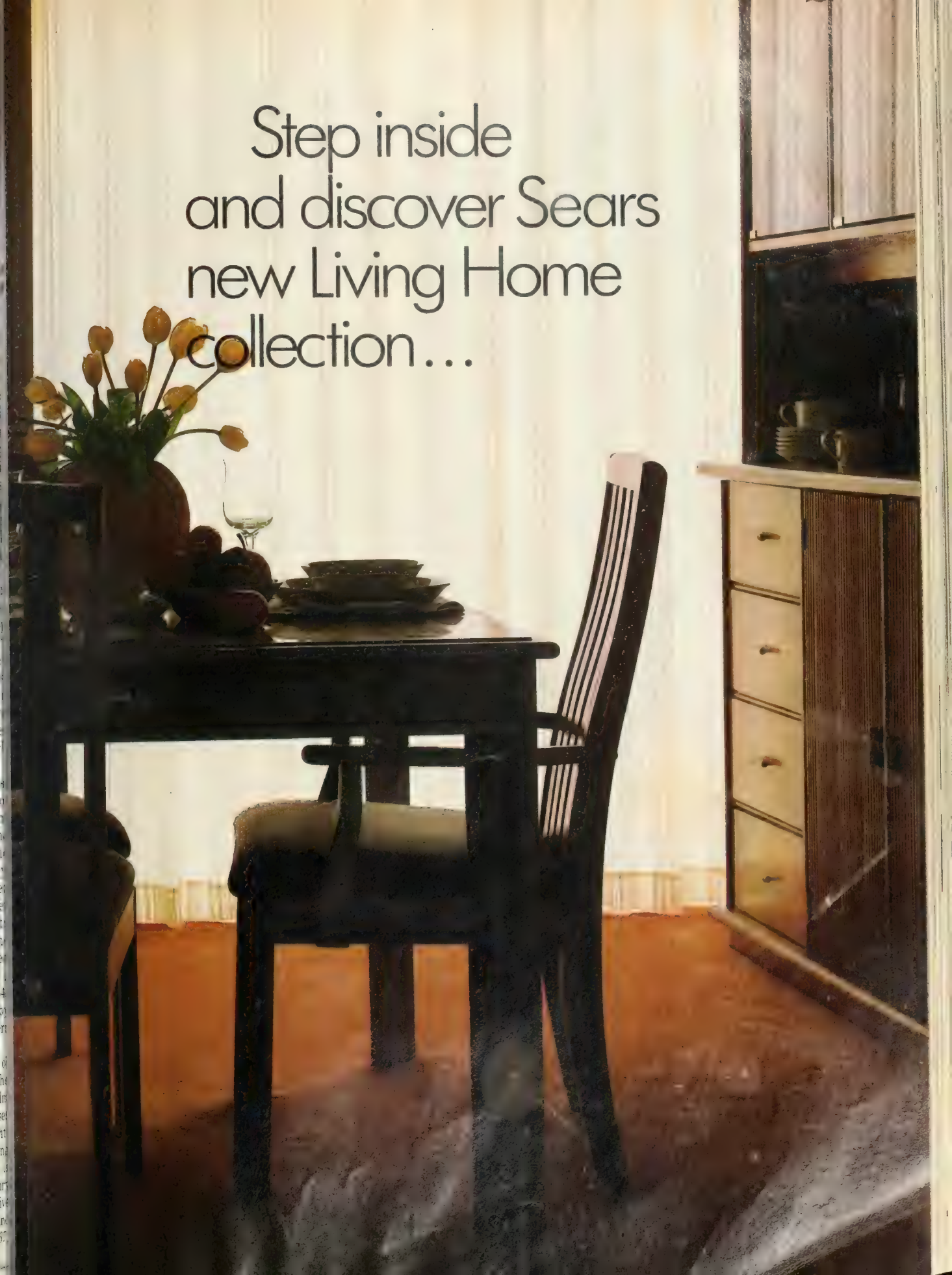
These critics probably have a number of Dr. Ruth's recent ventures [illegible] mind when they make this last co[illegible]plaint. These ventures include the [illegible] Ruth T-shirt and Dr. Ruth's Game [illegible] Good Sex, a board game in which pla[illegible]ers make their way around four arous[illegible] tracks on their way to "the act." [illegible] Ruth defends the game, however, sa[illegible]ing, "It doesn't titillate; it informs." [illegible] which a colleague snaps, "That's ridic[illegible]lous. It's tacky. You have to be one thi[illegible] or the other, or the public won't ta[illegible] you seriously. Ruth is trying to have [illegible] both ways."

But Dr. Ruth also has highly r[illegible]spected defenders. David Goslin, Ph.[illegible] an executive director within the N[illegible]tional Research Council of the N[illegible]tional Academy of Sciences in Was[illegible]ington, D.C., and Dr. Ruth's form[illegible] mentor, doesn't find fault with h[illegible] "Ruth has taken a potentially dange[illegible]ous subject and handles it with enc[illegible]mous skill." And Helen Singer Kapla[illegible] M.D., Ph.D., director of the sex thera[illegible] program at the New York Hosp[illegible]tal–Cornell Medical Center, say[illegible] "Ruth has the knack of translating ne[illegible] technological information about s[illegible] into sound practical advice. Above a[illegible] she has strong convictions about o[illegible] need for a sexually literate society."

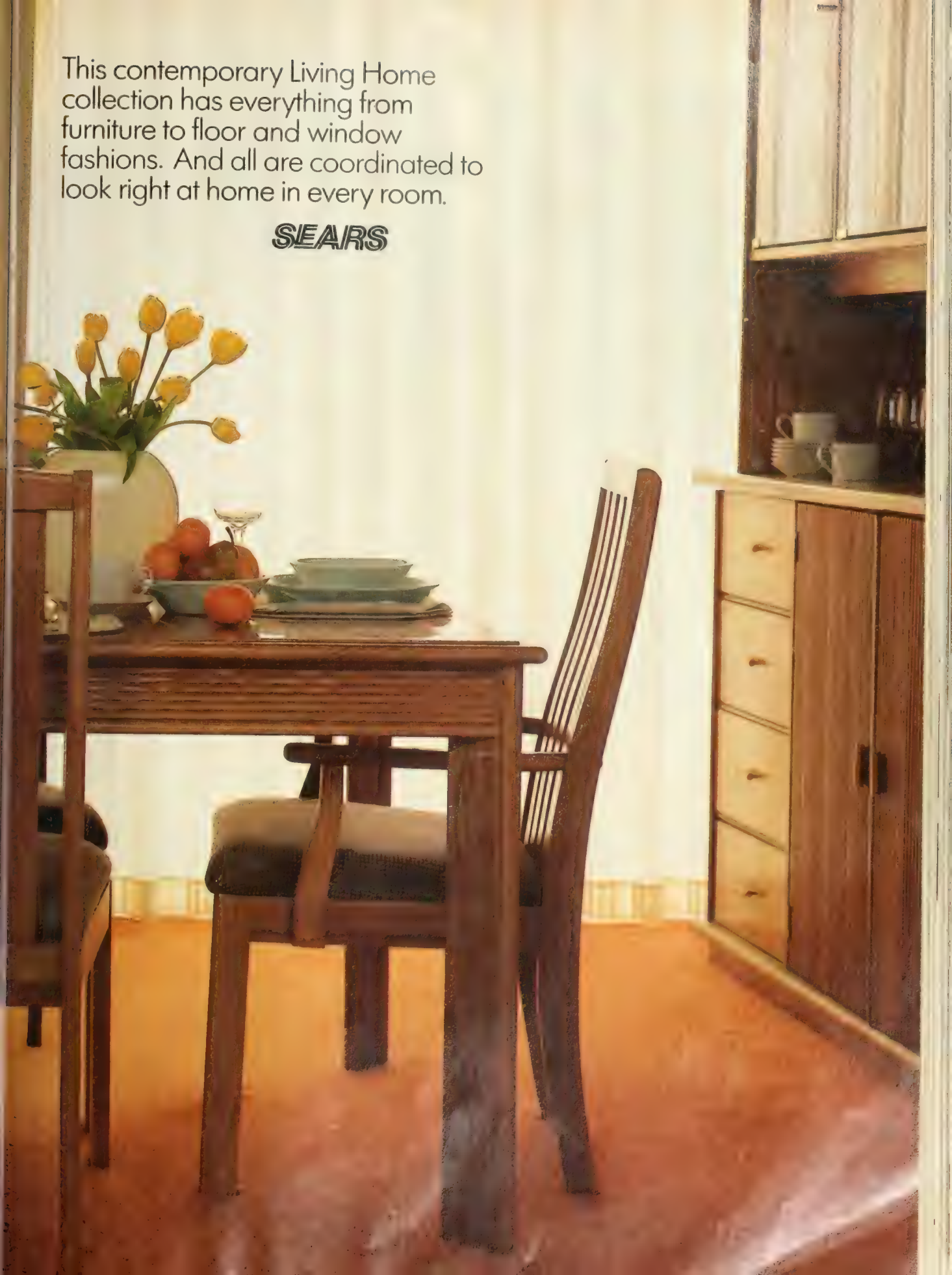
One of Dr. Ruth's strongest convi[illegible]tions is that all sexually active coupl[illegible] should use birth control. "If I can st[illegible] one unwanted pregnancy," she says, [illegible] feel I've accomplished something." S[illegible] recommends old-fashioned metho[illegible] such as the diaphragm and condoms ([illegible] fact, she has endorsed the use of co[illegible]doms on a cable TV commercial), ov[illegible] methods that she feels are riskier, su[illegible] as the IUD or the sponge.

It was the power of such conviction[illegible] as well as her disarming way [illegible] expressing them, that in 1980 caug[illegible] the attention of Betty Elam, then t[illegible] community affairs manager for rad[illegible] station WYNY-FM, in New York Cit[illegible] After hearing Dr. Ruth lecture on s[illegible] education, Elam cautiously tried h[illegible] out on a fifteen-minute taped show [illegible] air in New York after midnight. By t[illegible] following year, Dr. Ruth had graduate[illegible] to a live one-hour call-in show, and [illegible] celebrity was born. In September 198[illegible] *Sexually Speaking* was syndicated [illegible] NBC, allowing her to reach listene[illegible] across the nation.

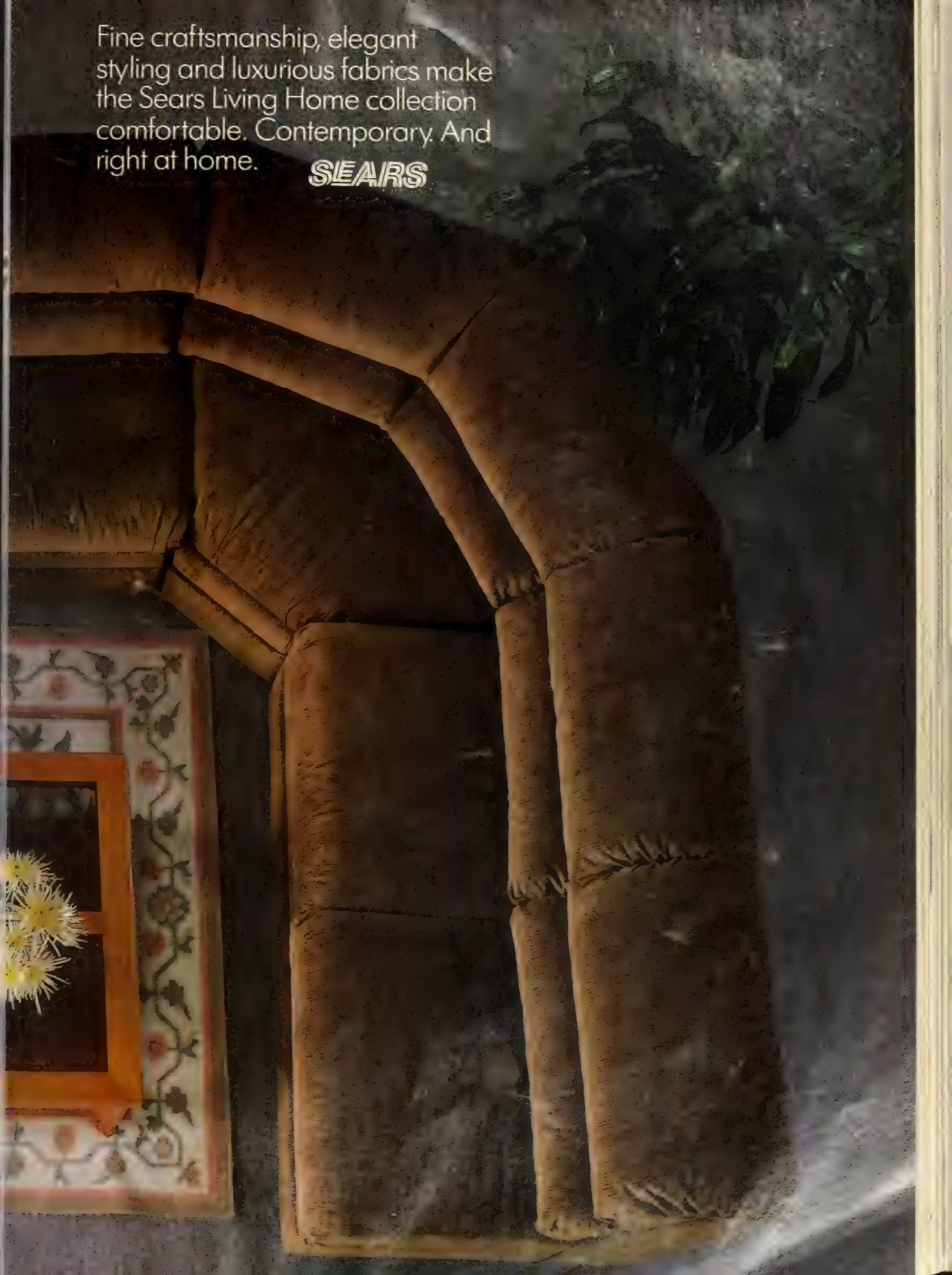
One of the most obvious results [illegible] her success is a grueling schedule. S[illegible] has to tape her cable TV show, fil[illegible] commercials in which she endors[illegible] products from soft drinks to typewri[illegible]ers, fly around the country to speakin[illegible] engagements and symposiums (she [illegible] on the same lecture circuit as Hen[illegible] Kissinger and garners an impressi[illegible] seven thousand dollars a speech) ar[illegible] read galleys of *(continued on page 16*


Step inside
and discover Sears
new Living Home
collection...


Looks
right at home


This contemporary Living Home collection has everything from furniture to floor and window fashions. And all are coordinated to look right at home in every room.
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ome coordinates beautifully
h the things you already own.

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It's the hottest fashion team today: an oversize pullover paired with a skinny sweater skirt. Break up the set for smashing separates. The top is a generously cut shaker-knit crewneck with dropped shoulders. The clingy coordinated skirt's a plain knit that falls just below the knee. Both are 100 percent cotton and machine washable. Available in cream, pink and aqua, at only $29.95 for the sweater and $19.95 for the skirt, plus postage and handling. Buy the set for $49.90, and we pay the freight! To order, see page 183.







Makeup, Mark Bennett Nahmias. Hair, Alex Hilliard. Fashion details

WINTER COURAGE

ON THE GLOOMIEST OF FEBRUARY DAYS, ONLY THE LOVE OF A FAMILY CAN TRULY WARM THE HEART. BY GLORIA GOLDREICH



The snow began in the night and fell steadily through the quiet dark hours. Briefly, Liane awakened from heavy, wintry sleep and watched the huge flakes as they tumbled silently.

By morning the snow, which fell in swirling sheaths, had formed drifts. The few cars that moved slowly down their street rolled over cushions of whiteness that muffled the sound of wheels. The bald, drab lawns were layered with smooth blankets that sparkled where the slow freeze had begun. Liane watched the scene with pleasure. The silent promise of the night had been fulfilled.

The sudden ringing of the phone confused her. She was vaguely bewildered by the sound that penetrated the stillness outside; it seemed strange that voices could travel across the fragile wires laced with rims of snow.

It was the class mother to tell her, in an apologetic tone, that school was closed because of the weather.

"Who was that, Mommy?" Andy wandered into the room, his fingers rolled into small fists against his eyes. It was his morning stance.

"I get surprised by the light," he'd told them once, and she understood. She also needed time to adjust to the suddenness of sunsets, the turning of leaves at summer's end, the soft encroachment of evening darkness.

"School is closed today," she said to him. "Go back to bed." *(continued on page 177)*

Hodges Soileau

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— Herbal Beauty Care from Scandinavia to you —





Knut Wulff, famous European cosmotologist.

I created Fleur de Santé (Flowers of Health), an herbal based beauty care and cosmetic line, with the modern, active, woman in mind. A confident woman who is satisfied with only looking her best, and using natural beauty aids to give her that special glow. Fleur de Santé is a complete herbal beauty care program. It's skin care, body care, make-up, a complete line where herbal extracts work, in a natural way, to promote a healthy all-over glow.

Knut Wulff

INTRODUCTORY OFFER

Fleur de Santé®

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Cleanser — a silky cleansing cream easily removed with water or tissued away. "Lifts away" make-up and dirt particles.

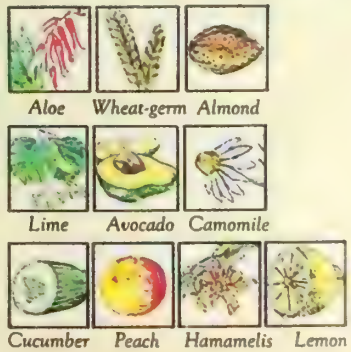
Skin Freshener — a mild, neutralizing facial tonic; it tightens pores and smoothes your skin. Removes dead skin cells.



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Yes, I have enclosed my check for $3.00. Please send me an Active Care kit which will last for at least two weeks. If there is no improvement in my skin after 14 days, I can return the unused portion for a full refund.

ACTIVE CARE SKIN PLAN: check one
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Yours FREE, the Famous 48-page Beauty Guide Catalog. Your open door to enjoy the wonders of herbal based beauty care. Send checks or money orders. Sorry, no C.O.D.'s. Please don't send cash.

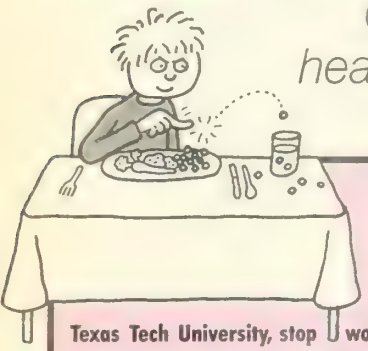
"OFFER GOOD TO U.S. ADDRESSES ONLY."







Child rearing in the eighties: the most recent health news, research and trends. By Mary Mohler

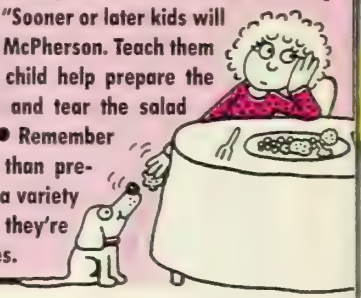


PICKY, PICKY

What do you do with a finicky eater? First of all, says Clara McPherson, professor of food and nutrition at Texas Tech University, stop worrying. One thing most parents don't know, she says, is that growth slows at about two, so appetite also slows.

"Never force a child to eat," warns McPherson. It can lead to eating disorders later in life. "But neither should a child get by with saying no to everything. He should be expected to take one bite of each food at the dinner table." McPherson's reasoning is that the wider the variety of foods in a child's diet, the greater the chance of nutritional balance. Furthermore, since some foods are an acquired taste, sampling provides the exposure necessary for a child to learn to like a food.

Some other tips from McPherson: ● Never discuss food negatively at the table. Liking a food is less a question of taste than of attitude. ● Establish regular meal patterns with no snacks within an hour of mealtime. Sometimes kids turn up their noses at dinner because they're just plain not hungry. ● Try serving a new food—or one that your child dislikes—along with a favorite, as a package deal. ● Don't use food as a reward. You'll end up with a child who eats for emotional nourishment rather than nutritional needs. ● If you find yourself locked in a power struggle over food, try having someone else do the feeding for a while. ● Don't forbid sweets. "Sooner or later kids will discover dessert and pig out," says McPherson. Teach them moderation instead. ● Have your child help prepare the food (even a tyke can help wash and tear the salad greens) or pick it out at the store. ● Remember that example is a better teacher than precept: If your kids see you enjoying a variety of foods in sensible amounts, they're bound to learn healthy eating styles.



TREAT THOSE FEET RIGHT

Almost everybody is born with perfect feet; keeping them that way is a matter of taking good care of them.

To help you do just that, Dr. Scholl's Foot Health Council has prepared a booklet that includes such topics as hygiene, whether babies should wear shoes, and when your daughter can dance *en pointe* without harming her feet.

For a free copy of *Caring for Your Children's Feet*, send a stamped, self-addressed envelope to Scholl Parents' Booklet, PRB-J, 150 E. Huron Street, Chicago, IL 60611.

PARENTING TIP

When my daughter started school I was deluged with her artwork, and I just couldn't save it all. My solution? I taped the pictures to the kitchen door until space ran out, then photographed the brightly decorated door.

My daughter is delighted to have the pictures as part of the family photo album, and I have drawer space again.

—Jana Baxter, Mabel, MN

TEEN SUICIDE ALERT

Last year, 400,000 adolescents attempted suicide. Six thousand succeeded. For fifteen- to nineteen-year-olds, the suicide rate has risen 44 percent since 1970 . . . and even given these grim statistics, experts think suicide is underreported.

Who among young people is most likely to commit suicide? According to research reported by the American Academy of Pediatrics, suicides can be classed according to "attempters" and "committers." The attempter is usually female, firstborn, close to her mother, and able to give help but not to accept it. Her father is often absent. Of the committers, three out of four are boys, often younger siblings who have learned to keep things inside. They may feel pressure to achieve and are often loners.

Any suicide attempt, of course, should be taken very seriously: If an attempter does not resolve those conflicts, she will very likely try again.

We are approaching the peak months for suicide (March, April and May), so it is important for parents to be aware of the warning signs:

- Changes in eating or sleeping habits
- Unexplained or unusually severe violent or rebellious behavior
- Withdrawal from family or friends
- Running away
- Persistent boredom or difficulty concentrating
- Drug or alcohol abuse
- Unexplained decline in grades
- Unusual neglect of appearance
- Radical personality change
- Psychosomatic complaints
- Preoccupation with death
- Giving away prized possessions
- Expressing suicidal thoughts, even in a joking fashion

Parents should also remember that suicides often occur in clusters. Any positive public attention to a youngster's suicide—naming a day after him, for example—can lead other kids to feel they'll be remembered or even admired if they follow suit.

If an adolescent you know exhibits any of the warning signals, get help. Check the yellow pages for local hot lines or suicide crisis centers. For nonemergency referrals to resources in your area, call the American Association of Suicidology at 303-692-0985.

CAPS OFF TO DOWNY!

THE ONLY FABRIC SOFTENER WITH THE NEW NO-MESS CAP.

See? Downy® goes back in the bottle. Not down the sides. Keeps the bottle neat, hands clean. And with the new cap, it's so easy to measure just the right amount of Downy.

There's more. More April Freshness than ever before. Only Downy gives you this great new April Fresh smell.

New smell. New cap. Best Downy yet!



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I was tired of
a gr



ing told I had t personality.

"Is there anyone who doesn't know what all the code words really mean?

For years, I'd been the "good sport" who had to shop for "full-figured" clothes.

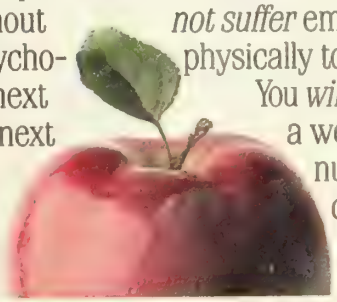
But I'd never even looked at swimsuits. And I didn't feel "jolly" at all.

I'd tried every crash diet, gimmick and fad to lose weight—only to feel even more miserable when I'd gain it all back.

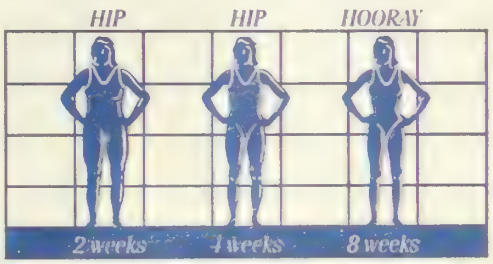
I just knew there had to be a better way—a once and for all escape. As you can see, I found it."

Why You Can Expect Dramatic Success

In the first two weeks, most people lose 10 pounds without drugs, without hunger, without psychological stress. The next 10 pounds, and the next and the next, can vanish exactly the same way. You can literally *see* the extra inches disappear.



And, at Diet Center, you'll learn our uniquely effective method for keeping the weight off. A survey reveals that, after one year, 79% of our dieters were within 10 pounds of their ideal weight. The national loss-maintenance average is only 5 percent.

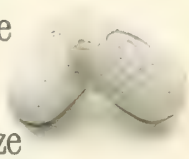


To put it simply, you'll be *16-times more certain* that the weight you lose is lost forever.

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At Diet Center, you *will not suffer* emotionally or physically to lose weight.

You *will* discover how a well-balanced, nutritionally sound combination of protein, fats and carbohydrates, plus our exclusive Diet Center Supplement, helps you stabilize your hunger level. The net result? Safe, rapid weight loss, without hunger, without stress, without fatigue.



Call A Friend

Ask someone you know (more than *five million* men, women and children have lost weight on the Diet Center Program). Ask your doctor. Then call us and ask about a free personal consultation. You'll get it.

Look in the White Pages of your phone book under "Diet." We have over 2,000 locations in the U.S. and Canada.

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always

Now you can have Always®.

Always maxi pads are different from other pads because they're covered with a special material called Dri-Weave. Wetness passes through the Dri-Weave and virtually all of it is trapped inside the absorbent pad below—away from you. The surface of the pad stays cleaner to help you stay drier.

And, Always maxi and mini pads are flow-shaped to give you protection where you need it the most. With the widest adhesive of any pad to help keep it securely in place.

Always gives a cleaner, drier kind of protection than you ever expected from a pad. Why put up with anything less?

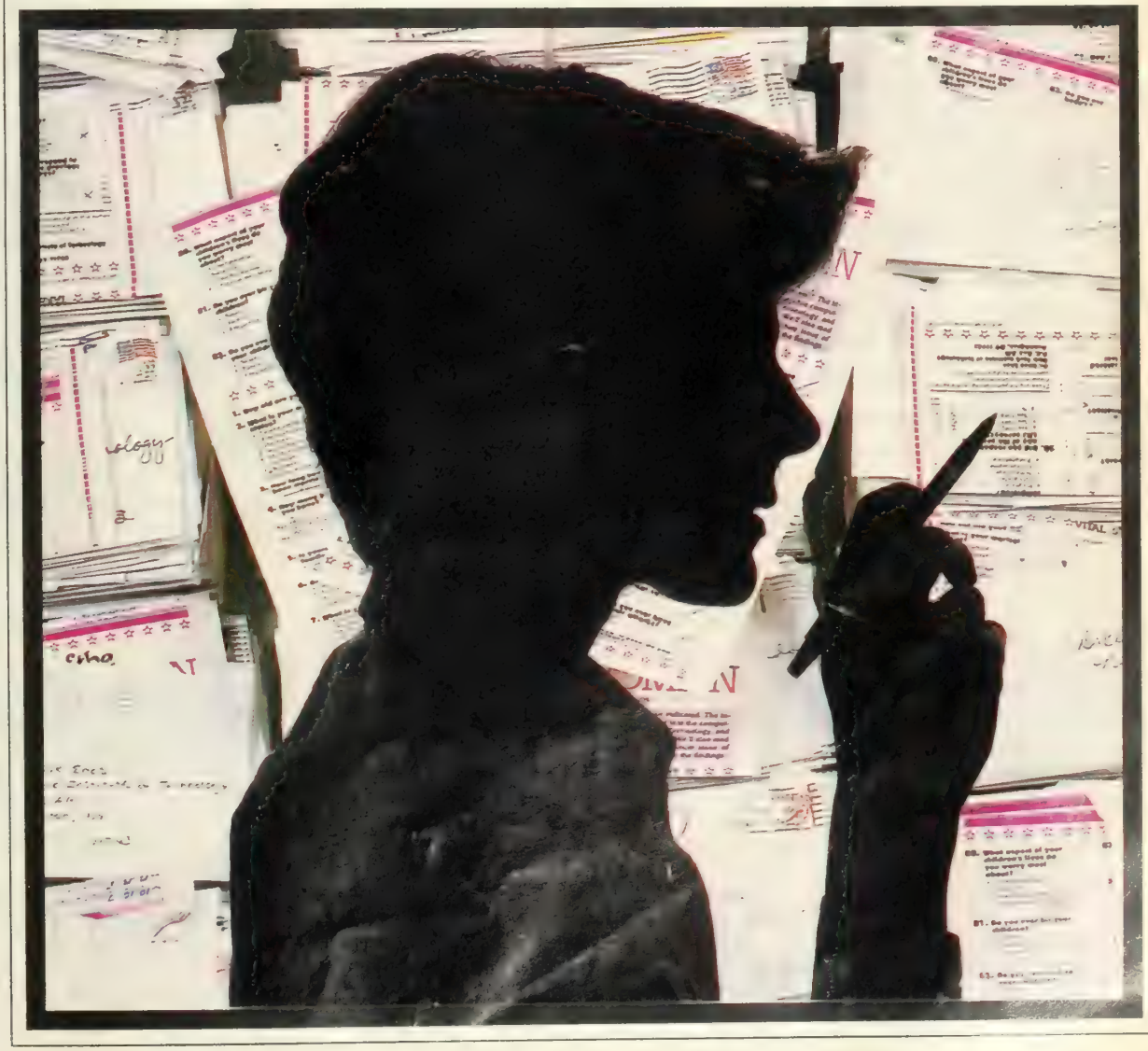
A cleaner, drier kind of protection than you ever expected from any maxi.



maxi pads
thin maxi pads
mini pads
pantiliners

THE SECRET LIFE OF THE AMERICAN WOMAN

HAVE YOU EVER WONDERED WHETHER YOUR INNERMOST THOUGHTS AND DREAMS ARE SHARED BY OTHER WOMEN? WHAT ABOUT THE WAY YOU BEHAVE WHEN YOU'RE ALL ALONE? IS IT UNIQUE, OR MORE COMMON THAN YOU COULD EVER HAVE IMAGINED? HERE, THANKS TO THE DETAILED RESPONSES OF 102,000 LHJ READERS TO A QUESTIONNAIRE IN THE JULY 1985 ISSUE, ARE THE ANSWERS TO THOSE TANTALIZING QUESTIONS. TURN THE PAGE FOR A REVEALING LOOK INTO THE HEARTS AND MINDS OF TODAY'S AMERICAN WOMEN.



Tom Arma

THE SECRET LIFE OF THE AMERICAN WOMAN

BY CLIVE ENOS, PH.D., AND SONDRA FORSYTH ENOS



Pssst! Don't tell a soul, promise? What you're about to read is the truth about the American woman as it has never really been told before—because the questions we posed in our July 1985 issue dealt for the first time anywhere with a host of subjects that people seldom discuss, even with relatives and close friends. Yet 102,000 *LHJ* readers willingly completed the questionnaire, sharing with us their feelings and experiences concerning such immensely private topics as menstruation, menopause, suicide and adultery. They also let us know whether they love their children, eat too much, exercise too little, do drugs, tell lies, color their hair, and they sent us many other fascinating revelations as well. Read on for a riveting report that leaves absolutely nothing to the imagination about the most intimate aspects of women's lives today.

ME, MYSELF AND I

The most significant (and encouraging) finding to come out of our survey is the simple fact that women are on the whole very satisfied with themselves. In response to the question "Do you think you are a good person?" a full 97.6 percent answered yes. That is one of the largest majority responses to any question in any of the surveys that *Ladies' Home Journal* has conducted over the *(continued on page 172)*

Tom Arma

When she's in her . . .

Does she feel she's a tr... tional or a new woman

What in her life gives her the most pleasure

What aspect of her life would she most like to change?

What does she feel is t... best part of her day?

Does she think she's pretty?

What does she envy about other women?

How does she feel when she wakes up?

What illness does she fear most?

Does she use recreational drugs?

How does she feel about menopause?

What does she feel a... a woman's best year

WOMANSTYLES AND WHAT THEY MEAN

	TRADITIONAL WOMAN 72%	NEW WOMAN 28%
Does she think she's sexy?	Yes, 46.4%	Yes, 64.3%
Percent who have considered suicide	26.1%	32.6%
Percent who sometimes drink too much	22.2%	36.4%
Percent who use recreational drugs	5.8%	15.7%
Percent who think they're smart	78.5%	91.6%
Has she ever considered divorce?	Yes, 47.7%	Yes, 59.4%
Has she had an affair?	Yes, 20.5%	Yes, 35%
Does she want her daughter to be like her?	Yes, 46.9%	Yes, 54.6%
Does she want her son to marry a woman like her?	Yes, 62%	Yes, 64.7%
Is she employed full-time?	Yes, 38.8%	Yes, 61.5%

THE AGES AND STAGES OF A WOMAN'S LIFE

wenties	Thirties	Forties	Fifties	Sixties
aditional 67.2%	Traditional 66.7%	Traditional 78.2%	Traditional 87.4%	Traditional 91.2%
r marriage	Her marriage	Her marriage	Her marriage	Her marriage
r income and hen her job	Her income and then her looks	Her income and then her looks	Her income and then her looks	Her income and then her marital status
When she's making love	When she gets up before everyone else in the morning	When she gets up before everyone else in the morning	When she gets up before everyone else in the morning	When she gets up before everyone else in the morning
Yes 75.1%	Yes 72.1%	Yes 58.7%	Yes 48.3%	Yes 50.9%
Good looks	Good looks	Talent and then good looks	Talent and then brains	Talent and then brains
Okay, but a little bored	Okay, but a little bored	Okay, but a little bored	Eager and excited	Eager and excited
Cancer	Cancer	Cancer	Cancer	Stroke and Alzheimer's
Yes 19.6%	Yes 8.3%	Yes 0.3%	Yes 0.4%	No
It will be a relief	Fearful of symptoms	No big deal	No big deal	No big deal
Twenties	Thirties	Thirties and forties	Thirties and forties	Thirties and sixties



Can you make a good thing better? You bet! Try our delectable variations on this traditional family favorite. The savory trio shown here is sophisticated enough for guests. You'll also want to make the Piquant Ham Loaf, topped with an orange glaze; spicy Tex-Mex Loaf, flecked with jalapeño peppers; and Swedish Meatball Ring, filled with noodles and flavored with dill. Recipes for these and more—plus microwave instructions—begin on page 144.

MARVELOUS MEAT LOAF



SHEPHERD'S PORK PIE

ZESTY CORNED BEEF LOAF

COLOR WONDERFUL

Break out of the color prison with a revolutionary new system that begins where the others left off

We understand what makes color work as a fashion tool. As cofounders of Color 1 Associates, we've delighted more than 150,000 clients around the world. Women who come to us walk away with a new fashion consciousness. They no longer worry about what goes with what, that eternal mix-and-match quandary. They are braver about wearing more colors. They own fewer clothes but wear all of them and enjoy them more.

With our color system, you will have the freedom to wear absolutely any color, no matter what your color type. After you learn some key color concepts, you'll be on your way to the clothes confidence you have always wanted.

Excerpted from the book COLOR WONDERFUL: THE REVOLUTIONARY COLOR 1 ASSOCIATES WARDROBE AND MAKE-UP PROGRAM, by JoAnne Nicholson and Judy Lewis-Crum, to be published by Bantam Books, Inc. Copyright © 1986 by JoAnne Nicholson and Judy Lewis-Crum. All rights reserved.

MUTED **GENTLE**

2. UNDERSTANDING COLOR



Basically, there are four color concepts in the Color Wonderful system: shade, clarity, value and level of contrast. Every color comes in a myriad of shades. Red, for example, can be brick red, fire-engine red, raspberry red or rose. In addition, each shade of red comes in a variety of clarities. Clarity refers to

3. YOUR BEST WHITE



Muted color types should never wear pure white. Clothes in toned-down or subdued shades, like this creamy off-white dress, look best.

Every woman can wear white, but not necessarily stark, pure white. Your best white will never be so bright that it makes your teeth look dull or yellowed or looks glaring next to your skin. Whether the best shade for your type is a pure white or more of an off-white tone, it will always look "white," not creamy or beige, on you.

DETERMINE YOUR INDIVIDUAL COLOR TYPE

Although hair or eye color may be the first thing that comes to mind when you think of a person's coloring, it's actually skin tone that determines color type. This es sense, because there's much skin than anything else.
hen you examine your skin, be it is free of makeup and is ed in daylight. If your skin is ed, the color has only dark- l, not changed.
ok at the four sets of color strips w to help determine which shade best matches your skin tone. If your skin tone is brown-beige or a golden brown-beige, you are probably a Muted color type. Gentle types have an ivory or pink-beige look. If your tone is clear ivory or golden, you are most likely in the Light-Bright category. Finally, Contrast types tend to have ivory or clear olive skin. The differences are subtle, but they're there. Once you find a color swatch that's close to your tone, you'll know which of the four corresponding color types fits you best.

Black and Asian women can use this color system, too. The key is to discover what the underlying skin tones are—brown, pink, golden, or clear with little undertone.

Your hair (including highlights) is also an indicator of color type. Although not as fundamental to discovering color type as skin tone, your hair color might help you answer the following questions, which will enable you to identify your type.

The judgment test First, determine whether your coloring is dark and light, medium, or light.

If you select dark and light, ask yourself these questions.

- Does my coloring present a strong contrast because of my very dark hair and lighter skin? If the answer is yes, and you can wear large-pattern black-and-white clothes, you have Contrast coloring.

If you select medium because of your medium-tone red or brown hair, ask yourself:

- Do I have a brown-on-beige or red-on-beige look? If the answer is yes to either of these questions and you cannot wear pure white, you have Muted coloring.
- Do I have golden glints in my hair, picking up on the golden tones in my skin, giving me a somewhat bright but *(continued on page 158)*



HT-BRIGHT



CONTRAST

BY JOANNE NICHOLSON AND JUDY LEWIS-CRUM

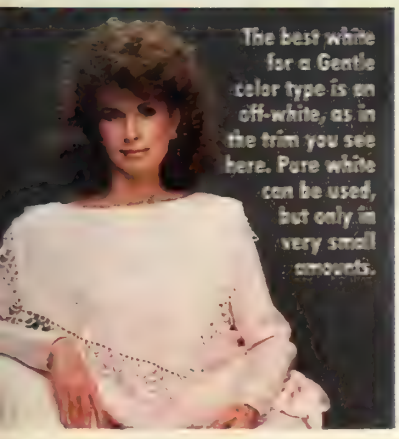
clearness, lucidity or purity of a r—how distinctly red it really There are four levels of clarity: nse, bright, toned-down and dued. The three red blouses at illustrate the intensities that k best on most people: toned- vn, bright and subdued (intense rities can be worn only by some ntrast color types). A really ght red falls at one end of the rity spectrum, and a more ed-down, or muted, red con- ning a lot more brown or gray



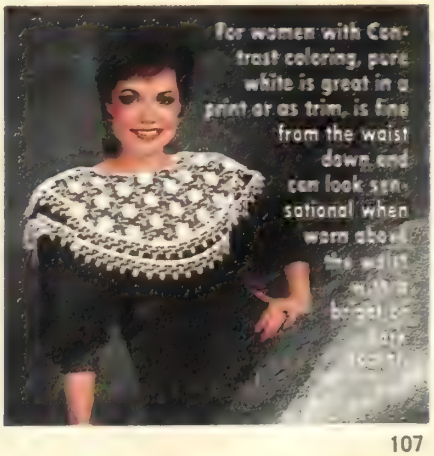
falls at the other. Now you can forget about saying "I can't wear red!" You *can*, if you pick the shade and clarity that look best on you.

If a color looks dull or dusty next to your skin, then you need to wear a clearer, but not necessarily brighter, clarity. On the other hand, if a color looks so bright next to your skin that you look drab, then you should be wearing a color that is slightly more toned-down but not necessarily subdued.

After *(continued on page 158)*









D. Goldberg-Sygma

MUTED NANCY

MUTED

Women with Muted coloring must take care never to wear black and white, navy and white, or dark brown and white. The contrast is overpowering. Take a look at the "don't" picture and you'll see how this strong a contrast is all wrong. The contrast of the medium red blouse with the medium blue skirt in the large picture is much more pleasing.



DON'T

Muted color types are the most prevalent. First Lady Nancy Reagan is a good illustration. Think of Muted as mid-range coloring—not quiet and gentle, but not bright or contrasting, either. Color clarities should be toned down or, as second choice, subdued. The neutrals you'll find most useful for pulling together a well-coordinated wardrobe are off-white, beige, camel and rust.

Many, but not all, women with Muted coloring can wear black. To decide whether you can, ask yourself if you look as good in the black garment as you would if it matched your hair color. If yes, wonderful. But remember, if you have lighter hair, always wear a lighter accent color near your face.

For Muted color types, a medium or soft level of contrast is the most appropriate. The cardinal rule for Muteds is that you can combine any colors except those that would result in a *(continued on page 158)*

UNIVERSAL TIPS

■ Your "complimentary" colors: Whatever your color type, you can discover your most flattering colors by holding a garment up to your face in natural daylight and asking yourself some questions.

Does the shade make my skin look sallow gray or muddy?

Does the shade compete with or dull my hair or eye color?

Does the shade make me look alive and glowing, fresh and radiant?

GENTLE

itle color types can wear almost combination except one that ates a strong level of contrast. In "don't" photo below, the emely bright clarity of the ow blouse contrasts too ngly with the dark navy . The large photo looks ter, because the toned- vn yellow suit paired with dium gray is the perfect el of contrast.



N'T





Eva Sereny/Sygma

GENTLY GOES CANDICE

The most enhancing clarity for a Gentle color type, like actress Candice Bergen, is toned down, with the next best being subdued.

You won't want to be without your creamy whites and light-to-medium grays, as these easily mixed and matched neutrals best emphasize your rich yet natural coloring.

Not all women with Gentle coloring can wear black effectively. If you can wear black at all, you must be careful *how* you wear it. A solid expanse of black is almost guaranteed to look too heavy on you unless you add the leavening effect of a medium-to-light, toned-down color. You might also want to try exposing a lot of skin in the neck and chest area. If you're wearing a black blouse, for instance, leave a few buttons open at the neck.

Gentle color types can also wear one color—the monotone look—with or without the addition of *(continued on page 158)*

Does the shade relate to my natural body oloring—does it look as if I could wear it rever and look great?

If your answers to these questions were , no, yes, yes, in that order, you're bound receive lots of compliments.

■ Universally enhancing colors: Nearly everyone can wear medium blue-green, or turquoise, and pink-toned corals. The most attractive green for all color types is emerald green, in a shade that is neither too intense nor too dusty-looking. Avoid lime green.

LIGHT-BRIGHT



Steve Schapiro/Sygma

LIGHT-BRIGHT DOLLY

Women with Light-Bright coloring often make the mistake of assuming that because their coloring is on the light side, they should wear only soft, light-looking colors. An understandable error, but still an error. Light-Brights, like singer Dolly Parton, should wear clear, bright clarities at all times to emphasize the radiance of their natural coloring. The second-best clarity for you is one that is *slightly* toned down.

As a woman with Light-Bright coloring, you'll find that light and medium tones of beige, white, camel and gray are your mainstays.

Whether you can wear black effectively is an individual matter. If you decide you can, try to lighten the look of black to create a light and bright effect. Add pure white, for the highest level of contrast, or any of your best light *(continued on page 158)*

Light colors with bright colors are a great combination for Light-Bright color types, but stay away from dark colors with bright colors, since that will not reproduce the look of your natural coloring. One "don't" rule to remember is never to wear one dark color, a mistake our model makes below. The look lacks the needed accent of lighter values.



DON'T



UNIVERSAL TIPS

■ Handbags and attaché cases: It's a smart move to buy a purse or attaché case that exactly matches the color of your hair. For a second basic purse, you might try to match the shade of your skin.

■ Salvaging clothes: If you own an item o clothing in a color that's just okay for you— not great, but not really bad—we don expect you to throw it out just because you color consciousness has been raised. Not a all. You just need to create a "color break.

CONTRAST

:ontrast color type must somehow ate contrast in her overall look. :ent colors, as in our model's red, e and purple scarf, can help ghten the contrast level of many fits. What you must never is create a soft level of ıtrast, the mistake in the ın't" picture, below, where ıale blue and white are nbined in a small pattern utterly unflattering.



ON'T





Douglas Kirkland/Sygma

LIZA, A LADY OF CONTRASTS

If you have Contrast coloring, as does Liza Minnelli, you should be wearing either intense clarities or bright clarities. Ironically, many Contrast types do just the opposite and tend to wear muted, toned-down colors—lots of browns and heathery tweeds—which look dull on a woman with high-contrast coloring. This mistake also causes women to appear ten to fifteen years older than they really are.

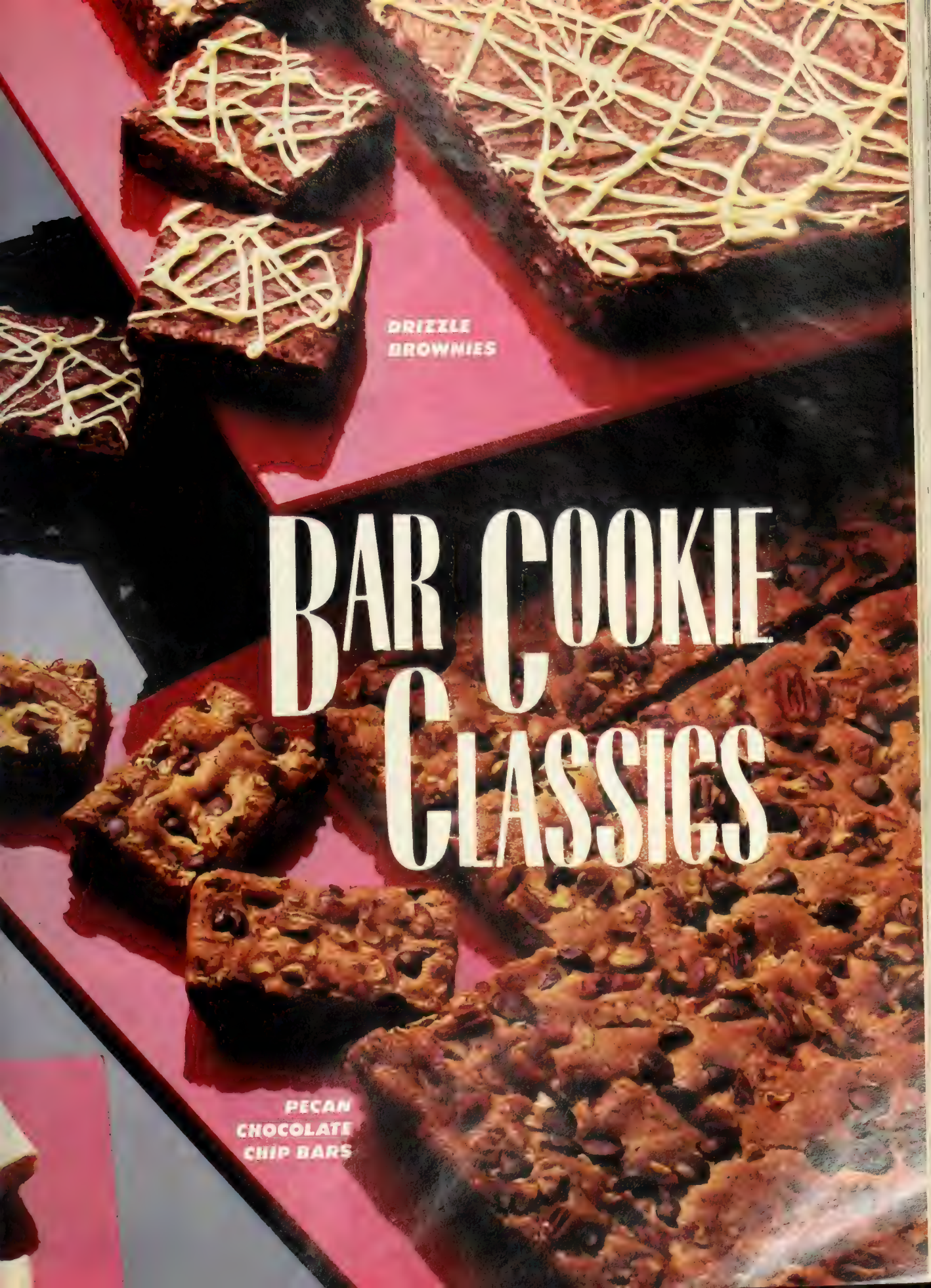
If the following neutrals aren't already hanging in your closet, you'll probably want to include them on your shopping list: black, brown (if your hair isn't actually black), navy, rust and (sometimes) white.

Unlike other color types, almost any Contrast color type can wear black. That's why it's been included in your list of best neutrals. However, many of you will need to accent black with light or bright colors. If you have black or very dark brown *(continued on page 158)*

■ A color break is a blouse, sweater, other ·pe of top or neck accessory in a shade that ·oks glorious on you. This garment should so coordinate well—and have the right vel of contrast—with the less flattering ırment you are trying to rescue.

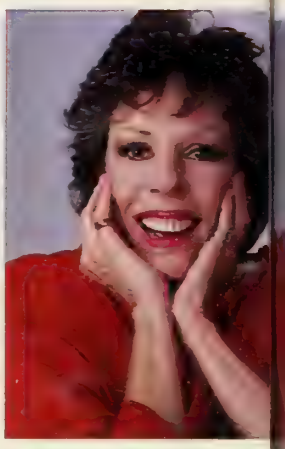
■ Since the face is the area of focus on the body, it's imperative that you wear enhancing colors near your face. If you do, people will notice how radiant the color-break garment or accessory makes you look and take less notice of the rest of your outfit.


PEANUT BUTTER & JELLY BARS
FROM EXTRA-RICH BROWNIES DRIZZL
WITH WHITE CHOCOLATE TO OUR OWN SUPE
LUSCIOUS LINZER TARTS, THESE TEMPTING BI
COOKIES ARE BOUND TO DELIGHT—AND DISAPPEAR
SOON AS YOU START CUTTING! EQUALLY IRRESISTIB
ARE OUR TOFFEE, CASHEW, GINGER MOLASSES, FI
S'MORE AND WHOLE WHEAT RAISIN BARS. TAST
THE BEST YOU'VE EVER TASTED—EAS
RECIPES BEGIN ON PAGE 146
LINZER BARS
CHEESECAK
BARS


DRIZZLE BROWNIES
BAR COOKIE CLASSICS
PECAN CHOCOLATE CHIP BARS

The many faces of CAROL BURNETT









She's played a variety of roles in her life—actress, comedienne, wife, mother, friend—but she's recently taken on a new one: author. And as she writes her autobiography, Carol says she has finally made peace with her past.

Huddled in a corner of the sofa, her gangly form draped in the great folds of a gray sweatsuit, Carol Burnett smiles her wide, world-famous smile and excitedly describes how much she's learning these days.

Learning? It's an unlikely admission for the fifty-two-year-old veteran of a hit series, several films and made-for-TV movies, and two marriages. In fact, it seems at first that there is little left for her to learn. But since divorcing Joe Hamilton, her husband of twenty years, Carol says, she's changed her life from top to bottom. And perhaps most responsible for the popular entertainer's new education is her latest project: This past year Carol has been hard at work writing her autobiography.

Tentatively titled *This Time Together,* the book is scheduled for publication this coming fall. Carol writes on an old IBM Selectric and keeps a pencil nestled behind her ear. ("It makes me feel like Brenda Starr," she jokes.) She decided to put her life on paper at the suggestion of author Peter Feibleman, whom she has been dating steadily for over a year. Feibleman is a broad-shouldered, distinguished-looking six-footer who has written works as diverse as *Charlie Boy*, a suspense novel, and *American Cooking: Creole and Acadian.* Carol says, "We would be out at dinner or here*(continued on page 150)*

By Jeff Rovin



Barb Ritts

fitness

Biceps...triceps... gluteus maximus... if it's all Greek to you, read on



Exercise is the key to a toned-up, sexier, healthier body. But it's all just so much wasted motion unless you know what you're doing. To get you started, common exercise terms are explained below; major muscle groups are indicated on our model. Turn the page for a fabulous fat-burning work-

THE TERMS TO

Aerobic exercise Activities such as jogging, swimming, bicycling, aerobic dance in which large muscles of the body are in continuous, rhythmic motion. If done three times a week for twenty minutes at a time, aerobic exercise burns fat and maximizes heart and lung capacity.

Warm-up Easy stretching or other low-level activity that helps to prepare the heart and other muscles for more vigorous exercise. Proper warm-up helps prevent sprains and other injuries.

Cool-down Easy stretching or a continuation of your exercise at a much slower pace for at least five minutes to allow heart rate and body temperature gradually to return to normal. A cool-down period helps reduce postexercise soreness.

Reps Repetitions. In exercise instructions

savvy

By Lois Joy Johnson
Beauty and Fashion Editor

ou'll up your xercise IQ and go om misfit to s. Fitness

t by trainer-to-the-stars ke Steinfeld. Of course, et a doctor's okay before eginning any exercise pro-am, and take it easy at rst. If you've been seden-ry for years, start slowly, ith fewer reps and sets than ggested. Work up gradually a faster pace and more rep-itions as your endurance nd strength improve. Be-re long, you'll be shaped p with the best of them.



Hair, Pascal Boissier. Makeup, Mark Bennett Nahmias. Shorts and tank, Canal Jean. Socks, The Gap. Shoes, Reebok.

NOW

os refers to the number of times you peat an exercise.

ets Groups of reps. For instance, one t might consist of eight reps. If you are structed to do two sets of eight reps, you ould perform the exercise sixteen times.

xtend To straighten and reach.

lex To bend or contract.

tatic stretch A slow, controlled stretch, aintained, without bouncing or "pulsing," r a certain count or length of time.

ulsing Very smooth, gentle bouncing, sually done in a forward stretch position. pulsing, avoid jerking motions, which an cause injury.

pot reducing A misleading term. Ex-rcise will tone and firm the muscles in a articular area of your body, but it will not educe the amount of fat in that area.

fat-burning exercises



They worked for Hollywood's shapeliest...now it's your turn

Jake Steinfeld's the name, building bodies is his game. His celebrity clients—including Morgan Fairchild, Linda Gray, Margot Kidder and others too numerous to mention—swear by his fat-burning aerobic routine, which shapes and firms as it develops ca diorespiratory fitness. The Body by Jak workout below should be done at least thre times a week. Do it briskly, in sequenc with no pauses between the maneuver



An exercise pro should be able complete the routine in twenty m utes; if you're a beginner, it will to longer. Except where otherwise note beginners do 20 reps for each ex cise, pros 50. **1.** Stand as show knees flexed, fists clenched. Drop ch to chest and roll head left, then righ 5 reps. **2.** With fists clenched, arms to shoulder height and "draw circles in the air, gradually increasi speed and making circles smaller. D 20 (50) circles forward, 20 (50) bac ward. **3.** With knees flexed, rai arms as shown. Keeping face fo ward, hips still, twist shoulders le then right. **4.** Grasp broomstick b hind head as shown; keeping fa forward, hips still, twist shoulde left, then right. **5.** Still graspi broomstick behind head and with hi still, bend at waist to left, then righ **6.** Keeping broomstick behind hea bend forward with back straight ar parallel to floor; twist shoulders left, then right. **7.** With broomstick front, as shown, face forward, hi still, twist shoulders to left, then righ **8.** Take runner's stance as show without bending at waist, switch le as if running. **9.** Standing with kne flexed and arms raised as show



xercise 8 is done everal times uring the workout o keep heart rate up nd increase aerobic itness. Don't skip it.





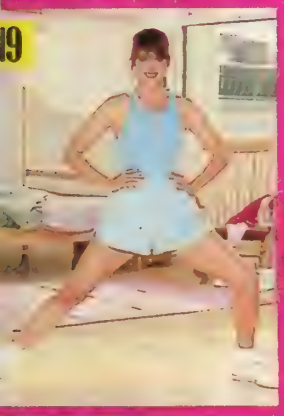




















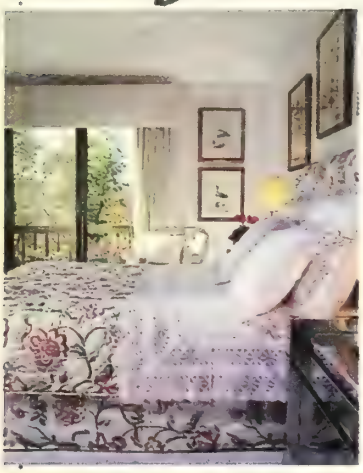
Your breathing should be deep and regular; if you feel winded, slow down but don't stop.



stretch from waist to left, then right, keeping hips still. **10.** Repeat exercise 8. **11.** Lie on back, shoulders off floor, knees up as shown. Pulling up with stomach muscles only, reach arms through legs. **12.** Lie with shoulders off floor; bring left elbow past right knee as shown. Repeat with left leg and right elbow. **13.** Lie on back, hands under buttocks, knees bent as shown. Keeping feet flexed, extend both legs and return to starting position. **14.** Lie on back, shoulders off floor, hands under buttocks, legs extended as shown. Keeping feet flexed, lift and lower alternate legs. **15.** Repeat exercise 8. **16.** On hands and knees, lift left leg, keeping knee straight, foot flexed as shown, then lower to floor. Do 20 (50) times. Switch legs. **17.** On hands and knees, lift left leg up and out, keeping knee bent and foot flexed as shown; then lower to floor. Do 20 (50) times. Switch legs. **18.** Repeat exercise 8. **19.** Stand as shown and lunge side to side. Then place hands on floor in front of you and lunge side to side (not shown). **20.** Repeat exercise 8. **21A.** Stand with hands on hips, knees flexed. Bend knees into ¼-squat position as shown, then straighten legs. Now bend knees further, into a ½-squat position (not shown) and straighten. Do 20 (50) of each squat. **21B.** Bend knees into full-squat, grasping insides of ankles as shown. Still grasping ankles, straighten knees slightly and then return to full squat. **22.** Repeat exercise 8. **23.** Stand with arms at sides, a light weight in each hand. Lift arms to shoulder level as shown, then lower. Beginners: 10 reps; pros 30. **24.** Assume position shown, over a sturdy chair. Using arm power only, lower yourself as far as possible, then return to starting position. Beginners: 10 reps; pros 30. **25.** Repeat exercise 8. **26.** Stand with arms at sides, a light weight in each hand. Keeping elbows close to body, lift weights as shown. Beginners: 10 reps; pros 30. *Cool-downs:* **27.** Sit on floor, legs apart, feet flexed. With both arms, reach toward left knee and hold for a count of 20; reach forward and hold for a count of 20; then reach toward right knee and hold for a count of 20. **28.** Sit on floor with legs together and extended, feet flexed. Bend forward from hips, reach with both arms and attempt to grasp ankles. Hold for a count of 20.

Blue shorts and tank, Canal Jean. White socks, The Gap. Shoes, Reebok. Bed, chair, rug, baskets, Conran's. Sheets, comforter, Martex. Lace, Laura Ashley. Flowers, ZéZe.

BEDROOMS for two



By Marilyn Diane Glass, Decorating and Design Editor

The master bedroom should be a luxurious retreat where both of you can relax and unwind, embraced by soft textures and surrounded by the restful colors you love. The bedroom at right has an ambience both cheery and peaceful, with a lavender-and-white color scheme that would appeal to both husband and wife. The vivid floral spread and headboard and lacy linens make the bed a pretty focal point. Antique botanical prints, a pastel dhurrie and a soft mohair throw are perfect accessories for this simple, elegant bedroom. Opposite, bottom left: Two plump tufted chairs pulled up to the fireplace invite you to curl up with a book. Opposite, bottom right: Her dazzling mirrored dressing room doubles as a discreet storage area. Below: Space-saving cubbyholes in his walk-in closet are accessible alternatives to a dresser.

These pages: Designed by Richard L. Ridge. Dhurrie and pillows, Rosecore Carpet Co., Inc.* Bed linens, Pratesi. Art from Nicholas Antiques.* Mohair throw, Woolworks, Inc. *Pages 122-123:* Carpet of Du Pont® Plus nylon by Karastan. Fabric for shades and dust ruffle, Brunschwig & Fils.* Balloon shades, #8918, and dust ruffle, #8959, by McCall Patterns. Bed linens, Cannon Mills. Headboard and mattress, Avery Boardman, Ltd., Head-bed division.* Chair near window and bench, KPS, Inc.* Green table and night table on left of bed, Circa David Barrett, Ltd.* Desk by Grange Furniture, Inc.* Art, David Findlay Galleries. Lamps, Paul Hanson. Mohair throw, needlepoint pillows from Woolworks, Inc. *Through decorators. Details, page 148.



ESSENTIALS FOR A DREAM BEDROOM

A soothing color scheme of muted shades suited to both sexes. ***A queen-size bed*** (the most popular) for optimum comfort in the least floor space. ***Sensuous bed linens:*** soft sheets in pale colors, tailored or as lacy as you like (many men appreciate this romantic touch); down pillows and comforters for extra cushiness. ***A comfortable chair*** for reading and lounging, preferably with an ottoman, if space permits. ***Table lamps*** with three-way bulbs and dimmers; they're more intimate than overhead lighting. ***Night tables*** big enough to accommodate everything you want by your bed. ***Ample storage space*** in the form of built-in shelves and drawers in closets if possible—a happy substitute for bulky dressers. ***A plush rug or carpeting*** to coddle bare feet. ***Flowers***—garden-fresh, made of silk or on walls and fabrics—set a tender mood. ***Favorite things***—family photos, paintings, music, books, plants, collectibles—to add that all-important personal touch to this most personal of places.









Feliciano

BEDROOMS *for two*

Another beautiful bedroom for him and her, opposite. Creamy carpeting, pink and jade-green chintz for the dust ruffle and balloon shades, and contemporary impressionist paintings complement the woodland bouquet on the walls. Top right: A comfy chair, made even softer by plump needlepoint pillows, is an ideal setting for tea and talk. Right: A cozy work corner features a reproduction of an antique French writing desk. A jade-green armoire handsomely conceals the television and stereo. Below: Champagne sheets and matching comforter are a cool and elegant finishing touch for this tranquil haven.









Feliciano







Len Allison and Karen Hubert

HUBERT'S

New York City

COOKING WITH LOVE

By Jan T. Hazard, Associate Food Edito

Neither chef Len nor maître d' Karen, formerly filmmakers, had formal culinary training before opening Hubert's a decade ago. "Some people didn't think we were serious," recalls Len. But food critics take them very seriously, writing rave reviews of the restaurant's innovative international cuisine.





Above: Pan-blackened Salmon; inset left: Scallop





TOO MANY COOKS SPOIL THE BROTH. BUT IN THE RESTAURANT BUSINESS, TWO CAN BE THE RECIPE FOR SUCCESS. THE FOUR MARRIED COUPLES ON THESE PAGES ARE PARTNERS DAY AND NIGHT, UNITED BY A PASSION FOR GREAT FOOD.



Frank and Frances Stitt

HIGHLANDS

Birmingham, AL

Recipes begin on page 128

Frank studied haute cuisine. Frances ran a cooking school. Both had the same dream: to own a restaurant where people could enjoy good food in a casual setting. Now, diners clad in anything from tuxedos to jeans are ushered in by Frances to feast on Frank's nouvelle California-style and Southern dishes.



Top: Lamb with Cognac and Mint; bottom: Eggplant and Shrimp with Pesto; inset left: Grilled Peppers with Goat Cheese and Sun-dried Tomatoes; inset right: Chocolate Terrine with Two Sauces.







Tor and Kristine Aasheim

LA TORTUE

Minneapolis

COOKING WITH LOVE

With its mirrored walls and peach banquettes, La Tortue is the picture of French elegance. Such classic perfection—as well as the menu's Scandinavian touches—comes naturally to Tor, who studied cooking in Europe. Fellow Norwegian Kristine is always on hand to make the guests feel at home.





Top: Gravlax with Mustard Dill Sauce; bottom: Fried Camembert with Lingonberries; inset left: Walleyed Pike en Papillote; inset right: Kiwi-Raspberry Tart.





FEASTS FOR FOOD LOVERS: A PEACH OF A PORK DISH AND SAVORY SCANDINAVIAN SALMON

George Germon and Johanne Killeen

AL FORNO

Providence, RI

Having met years before, George and Johanne rekindled their romance in the walk-in freezer of a restaurant where both worked. Their personal and professional relationship heated up considerably. Today, as co-chefs of Al Forno, they rendezvous in the kitchen and cook up delectable Italian-accented specialties.



**ove: Pork
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ot right:
ricot Tart.**





J. Barry O'Rourke

FRANCES AND FRANK STITT

EGGPLANT AND SHRIMP WITH PESTO

pictured on page 125

Pesto

- ½ cup firmly packed basil leaves
- 1 tablespoon pine nuts (pignoli)
- 1 garlic clove, pressed
- ¼ teaspoon salt
- 2 tablespoons extra virgin olive oil
- 2 tablespoons grated Romano cheese

Vinaigrette

- 2 tablespoons red wine vinegar
- 1 tablespoon finely chopped basil
- ½ teaspoon thyme
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 egg yolk
- ½ cup extra virgin olive oil

- ¾ pound medium shrimp in shell
- 1 medium eggplant (about ¾ lb.)
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ cup extra virgin olive oil
- Basil leaves, for garnish

Pesto: In blender combine basil, pine nuts, garlic and salt. With machine on, slowly add oil. Add cheese and blend well. *Vinaigrette:* In medium bowl whisk vinegar, basil, thyme, salt and pepper until combined. Add egg yolk and whisk until well blended. Whisk in oil a little at a time. Strain, if desired.

In large saucepan cook shrimp in boiling salted water 1 minute or until just pink; drain. When cool enough to handle, peel and devein. Coarsely chop and toss with pesto. Refrigerate at least 30 minutes or up to 3 hours.

Slice eggplant into twelve ¼-inch slices; sprinkle with salt and pepper. Toss with oil and marinate at least 30 minutes or up to 3 hours.

In lightly oiled large heavy skillet or on lightly oiled grill cook eggplant over high heat until softened and almost charred, about 3 minutes per side.

For each serving, overlap 3 slices eggplant and top with mound of shrimp. Spoon 2 tablespoons vinaigrette around eggplant. Garnish with basil. Makes 4 servings, about 440 calories each.

LAMB WITH COGNAC AND MINT

pictured on page 125

- 12 lamb medallions, cut from rib chops, each 1 inch thick
- 1 teaspoon salt
- Freshly ground pepper
- ½ cup all-purpose flour
- ½ cup plus 1 tablespoon unsalted butter, divided
- 1 tablespoon peanut oil
- ¼ cup chopped shallots
- ½ cup cognac or brandy
- ½ cup heavy or whipping cream
- 1 teaspoon concentrated beef-flavored liquid bouillon
- ¼ cup chopped fresh mint

Pat lamb dry and season with salt and ½ teaspoon pepper. Dredge in flour, shaking off excess.

In large heavy skillet heat 1 tablespoon butter and oil almost to smoking point. Add lamb and saute over high heat 1½ minutes per side for medium-rare. (Cook in batches if necessary.) Transfer to platter and keep warm.

Pour off fat from skillet. Add shallots and cook over medium-high heat until softened. Remove from heat; add cognac. Ignite and return to heat, scraping up brown bits from bottom. Reduce by half. Add cream, liquid bouillon and mint. Cook over high heat until thickened, about 3 minutes.

Pour any lamb juices into skillet. Remove from heat and whisk in remaining ½ cup butter one small piece at a time. Season with ½ teaspoon pepper. Strain and spoon over lamb. Makes 4 servings, about 640 calories each.

CHOCOLATE TERRINE WITH TWO SAUCES

pictured on page 125

Terrine

- ¼ cup water
- 1 tablespoon coffee liqueur
- 6 tablespoons sugar, divided
- 6 squares (1 oz. each) semisweet chocolate, chopped
- 2 eggs, separated, at room temperature
- Pinch salt
- Pinch cream of tartar
- 1 cup heavy or whipping cream
- 3 ladyfingers, split lengthwise and soaked in 1 tablespoon amber rum

Vanilla Sauce

- 1¼ cups milk
- 1 vanilla bean
- 5 egg yolks, at room temperature
- 3 tablespoons sugar

Chocolate Sauce

- 6 tablespoons sugar
- ¾ cup water
- 7 squares (1 oz. each) semisweet chocolate, chopped
- 1 tablespoon amber rum

Terrine: Oil an 8½×4½×2¾-inch mold. In small heavy saucepan bring water to a boil. Add liqueur and 1 tablespoon sugar. Cook over medium heat, stirring, until sugar dissolves. Reduce heat to low and add chocolate, stirring until melted and smooth. Cool 5 minutes. Add egg yolks one at a time, whisking after each addition. Cool.

In mixer bowl beat egg whites until foamy. Add salt and cream of tartar. Gradually beat in remaining 5 tablespoons sugar; beat until stiff peaks form.

In large mixer bowl beat cream until soft peaks form. Fold one third of chocolate mixture into egg whites; fold into remaining chocolate mixture. Fold into whipped cream. Pour half of mixture into prepared mold. Arrange ladyfinger halves lengthwise in 2 rows down the center. Press down lightly. Pour in remaining chocolate mixture. Gently tap mold on counter to expel bubbles. Cover with foil and freeze overnight. (*Can be made ahead. Freeze up to 2 weeks.*)

Vanilla Sauce: In small stainless steel or enamel saucepan scald milk with vanilla bean. Meanwhile, in mixer bowl beat egg yolks with sugar until pale and thick. Slowly pour in milk, beating constantly. Transfer to saucepan and cook over medium heat, stirring constantly, until mixture coats back of spoon, about 3 to 5 minutes. Strain. Cover surface of sauce with plastic wrap; cool. Refrigerate until ready to serve.

Chocolate Sauce: In medium saucepan heat sugar in water over low heat, stirring just until sugar is dissolved. Remove from heat. Add chocolate and stir until most of chocolate has melted. Return to heat and whisk constantly 2 minutes. Remove from heat and stir in rum. Strain if necessary. Let stand at room temperature.

For each serving, make a pool of chocolate sauce on half of serving plate and a pool of vanilla sauce on other half. Place ½-inch slice of terrine in center. Makes 12 servings, about 370 calories each.

GRILLED PEPPERS WITH GOAT CHEESE AND SUN-DRIED TOMATOES

pictured on page 125

- 1 garlic clove, minced
- ½ teaspoon thyme
- ½ teaspoon oregano
- 1 log (11 oz.) goat cheese (chèvre)
- 4 tablespoons extra virgin olive oil, divided
- 4 large red peppers
- 4 large yellow peppers
- 8 anchovy fillets, drained and chopped
- 16 sun-dried tomatoes
- Large bunch basil

Sprinkle garlic and herbs in shallow dish. Roll goat cheese log in herbs, coating sides evenly. Drizzle with 2 tablespoons olive oil. Marinate at room temperature at least 1 hour or in refrigerator up to 3 days.

Preheat broiler. Place peppers on cookie sheet as close to heat source as possible. Broil until charred on all sides, turning as often as needed. Let peppers steam in paper *(continued*

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enly, those beautiful basics almost become basic necessities.
nson® Premium Chunk White Chicken with California Avocados.
natural combination. Easy, delicious, and sure to make
ook good.

Gingered Chicken Avocado Salad

s Swanson® Premium Chunk
ite Chicken, drained
en pepper, seeded and chopped
radishes, chopped
1 green onion, chopped
2 California Avocados, halved, seeded and peeled

ssing:
vegetable oil
sp. white wine vinegar
1 tsp. soy sauce
1 clove garlic, minced
¼ tsp. ground ginger

owl or blender jar, combine dressing ingredients and mix until
y. Pour over chicken, green pepper, radishes and green onion, then
ently to coat. Place an avocado half on each plate, top with chicken salad and
h as shown. Makes 4 servings.



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bag or towel until cool enough to handle. Peel off charred skin. Halve lengthwise; remove seeds and membrane.

Place ¼ teaspoon anchovy and 1 chopped basil leaf in center of each pepper half; fold over. Place 1 red and 1 yellow pepper half on each serving plate. Slice goat cheese into 16 pieces. Alternate 2 slices goat cheese with 2 sun-dried tomatoes on other side of plate. Garnish with basil and drizzle with remaining 2 tablespoons olive oil. Makes 8 servings, about 240 calories each.

REDFISH WITH CRABMEAT

- 4 redfish or red snapper fillets (8 oz. each)
- 1½ teaspoons salt, divided
- ½ teaspoon ground red pepper, divided
- ½ cup all-purpose flour
- 5 tablespoons unsalted butter, divided
- 1 tablespoon peanut oil
- ⅔ cup dry white wine
- ⅔ cup bottled clam juice
- ½ cup heavy or whipping cream
- ¾ pound fresh crabmeat, picked over
- ½ teaspoon cornstarch dissolved in 1 tablespoon water
- 2 teaspoons lemon juice
- 2 tablespoons chopped parsley

Preheat oven to 475°F. Rinse fish and pat dry. Season fish with 1 teaspoon salt and ¼ teaspoon red pepper. Dredge in flour, shaking off excess.

In large nonstick skillet heat 1 tablespoon butter and oil until almost smoking. Add fillets and cook over medium-high heat 3 to 4 minutes, until edges begin to turn white. (Reduce heat if necessary.) Turn fillets and saute 1 minute more. Pour off drippings; add wine and clam juice. Bring to a simmer. Bake 3 to 6 minutes, depending on thickness of fish. Transfer fillets to serving platter and keep warm.

Add cream and crabmeat to skillet; cook over medium-high heat until reduced, about 2 minutes. Whisk in cornstarch mixture. Add lemon juice and remaining ½ teaspoon salt and ¼ teaspoon red pepper. Cut remaining 4 tablespoons butter in small pieces. Remove skillet from heat. Whisk in butter a piece at a time, melting each piece completely before adding the next. Spoon over fillets. Sprinkle with parsley. Makes 4 servings, about 650 calories each.

SPICE CAKE WITH BOURBON CREAM

- ½ cup milk, divided
- 1 teaspoon vanilla extract
- 2 eggs, at room temperature
- ½ cup golden raisins
- 1¾ cups cake flour, divided
- ¾ cup sugar
- 1½ teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon allspice
- ¼ teaspoon cloves
- ½ cup unsalted butter, softened
- ½ cup chopped walnuts
- ¼ cup confectioners' sugar

Bourbon Cream

- 1 cup heavy or whipping cream
- ¼ cup confectioners' sugar
- 2 tablespoons bourbon

Preheat oven to 375°F. Grease and flour a 9-inch round cake pan. In small bowl combine ¼ cup milk and vanilla. Add eggs; beat lightly. Toss raisins with 1 tablespoon flour. In mixer bowl combine dry ingredients. Add butter and remaining ¼ cup milk; beat at low speed until blended, about 1 minute. Add egg mixture in 3 batches, beating at low speed after each addition. Scrape sides well and continue beating 30 seconds. Fold in raisins and walnuts. Pour into prepared pan. Bake 30 minutes or until lightly browned and pulling away from sides. Cool on wire rack 5 minutes. Invert cake onto rack to cool completely. Transfer to serving platter; dust with confectioners' sugar. Serve with Bourbon Cream. Makes 10 servings, about 425 calories each.

Bourbon Cream: In mixer bowl beat cream until slightly thickened. Add sugar and beat until soft peaks form. Fold in bourbon. Refrigerate until ready to serve.

JOHANNE KILLEEN AND GEORGE GERMON

PORK WITH PEACH SAUCE

pictured on page 127

- 2 cans (16 oz. each) peach slices in light syrup, drained
- 1 jalapeño pepper, sliced thin and seeded
- 1⅛ teaspoons salt, divided
- Pinch tarragon
- 2 pork tenderloins (10 oz. each), at room temperature
- 1 garlic clove, crushed
- 1 tablespoon olive oil
- ¼ teaspoon natural liquid smoke
- ½ teaspoon freshly ground pepper

In blender puree peaches. In heavy medium saucepan simmer over medium-low heat 30 minutes. Remove from heat. Add jalapeño, ⅛ teaspoon salt and tarragon. Let stand at least 1 hour.

Cut each tenderloin crosswise into 2 equal portions, adjusting for extra weight at thick end. Rub well with garlic. Combine oil and liquid smoke; brush on pork. Sprinkle with pepper. Heat large cast-iron skillet over medium heat. Add pork and cook 8 minutes per side. (Cook in batches if necessary.) Transfer to serving platter. Cover loosely with foil and let stand 8 minutes. Sprinkle with remaining 1 teaspoon salt. Cut pork diagonally into thin slices and top with sauce. Makes 4 servings, about 400 calories each.

ROASTED GREEN BEANS

pictured on page 127

- 2 teaspoons olive oil
- 1 pound fresh green beans, trimmed
- 1 tablespoon butter
- Salt

Preheat oven to 450°F. Brush a jelly-roll pan with oil. Spread green beans in single layer. Roast 10 to 12 minutes, until soft and beginning to brown. Add butter and toss to coat well. Season with salt to taste. Makes 4 servings, about 70 calories each.

APRICOT TARTS

pictured on page 127

- 1 box (11 oz.) dried apricots
- 2 tablespoons sugar

Pastry Shells

- 1½ cups all-purpose flour
- 1½ teaspoons sugar
- ¼ teaspoon salt
- 6 tablespoons unsalted butter, cut up
- 2 tablespoons shortening
- 4 to 5 tablespoons ice water

- 3½ tablespoons superfine sugar
- 2 tablespoons unsalted butter, cut into 4 pieces
- Confectioners' sugar

In medium saucepan soak apricots in water to cover 1 hour. Bring to a boil over high heat. Add sugar. Reduce heat and simmer gently until apricots are plump and soft but still whole, about 10 minutes. Drain, reserving liquid; set apricots aside. Return liquid to heat and cook until reduced to ¼ cup.

Pastry Shells: In medium bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle with enough ice water, tossing with a fork, to gather pastry into a ball. Knead once or twice. Refrigerate 1 hour.

Preheat oven to 425°F. Divide pastry into 4 equal pieces. Roll into 7-inch circles. Transfer to 2 cookie sheets. Turn edges under and flute. Prick bottoms with a fork. Refrigerate 15 minutes.

Arrange apricots skin side up in concentric circles on shells. Brush with reserved cooking liquid. Sprinkle with superfine sugar; dot each tart with 1 piece butter. Bake 25 to 30 minutes, until crust is golden. Cool; dust lightly with confectioners' sugar. Cut each tart in half. Makes 8 servings, about 370 calories each. *(continued)*



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Chocolate Sheet Cake

(Makes one 15x10-inch cake)

- 1¼ cups margarine or butter
- ½ cup unsweetened cocoa
- 1 cup water
- 2 cups unsifted flour
- 1½ cups firmly packed brown sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup confectioners' sugar
- 1 cup chopped nuts

Preheat oven to 350°. In small saucepan, melt 1 cup margarine; stir in ¼ cup cocoa, then water. Bring to a boil; remove from heat. In large mixer bowl, combine flour, brown sugar, baking soda, cinnamon and salt. Add cocoa mixture; beat well. Stir in ½ cup Eagle Brand, eggs and vanilla. Pour into greased 15x10-inch jellyroll pan. Bake 15 minutes or until cake springs back when lightly touched. In small saucepan, melt remaining ¼ cup margarine; stir in remaining ¼ cup cocoa and Eagle Brand. Stir in confectioners' sugar and nuts. Spread on warm cake.



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PASTA AND CHICKEN IN THE PINK

pictured on page 127

- 1 garlic clove, crushed
- 2 chicken breasts, skinned, boned and halved
- 2 tablespoons olive oil, divided
- 1 teaspoon salt, divided
- 1 tablespoon butter
- ¼ cup dry white wine
- 1½ cups Italian tomatoes in puree
- 1¼ cups heavy or whipping cream
- ¼ teaspoon freshly ground pepper
- 12 ounces ziti or penne pasta, cooked according to package directions
- 6 ounces Italian fontina cheese, cubed
- 1 cup freshly grated Parmesan cheese
- 1 yellow pepper, julienned
- 1 red pepper, julienned

Preheat oven to 425°F. Lightly butter a shallow 2½-quart baking dish. Rub garlic over both sides of chicken breasts. Mince garlic; set aside.

In large heavy skillet heat 1 tablespoon oil over medium-high heat. Add chicken and cook until lightly golden, about 1 minute per side. Remove chicken and sprinkle with ½ teaspoon salt. Cut into strips about ½ inch thick.

In same skillet melt butter over medium heat. Add reserved garlic and cook 1 minute. Add wine and cook until liquid is almost evaporated, scraping up brown bits from bottom. Add tomatoes, stirring to break them up. Add cream, pepper, remaining ½ teaspoon salt and chicken; stir to combine. Bring just to a simmer; remove from heat.

In large bowl toss well pasta, chicken mixture and cheeses. Transfer to prepared dish. Arrange peppers on top. Brush with remaining oil. Bake 25 minutes. Makes 6 servings, about 365 calories each.

ROASTED CLAMS AND SAUSAGE WITH MASHED POTATOES

- 1 pound small red potatoes, unpeeled
- ¼ cup heavy or whipping cream
- 7 tablespoons unsalted butter, divided
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 16 littleneck clams, scrubbed
- 1 pound Italian hot sausage, parboiled 8 minutes
- 1 small onion, halved and sliced
- 1 small fresh hot pepper, sliced
- ½ cup dry white wine
- ¼ cup water
- 2 teaspoons minced garlic
- ⅛ to ¼ teaspoon crushed red pepper
- ½ cup coarsely chopped flat-leaf parsley

In medium saucepan cook potatoes in salted water until tender; drain. In medium bowl mash potatoes (still unpeeled) with cream and 4 tablespoons butter. Season with salt and pepper. Keep warm.

Meanwhile, preheat oven to 500°F. In 11¾ × 7½ × 1¾-inch baking dish combine remaining ingredients except parsley with remaining 3 tablespoons butter. Roast 7 minutes and turn clams. Roast until clams open, about 5 minutes. Discard any unopened clams.

To serve, place mashed potatoes in center of serving dish or 4 individual bowls. With slotted spoon, surround with clams and sausage. Stir parsley into sauce and pour over. Makes 4 servings, about 590 calories each.

CABBAGE AND PANCETTA SURPRISE

- 1 tablespoon cornstarch
- 1¼ cups heavy or whipping cream
- 2 pounds cabbage, shredded (about 10 cups)
- 6 oz. Gorgonzola cheese, crumbled
- ½ cup freshly grated Romano or Parmesan cheese
- 1 cup (4 oz.) shredded Italian fontina cheese
- ¼ teaspoon Hungarian paprika
- Pinch crushed red pepper
- 3 ounces pancetta, cubed, or slab bacon, blanched and cubed

Preheat oven to 425°F. Set oven rack to highest position. Lightly butter a shallow 2½-quart baking dish.

In small bowl dissolve cornstarch in cream. In large bowl toss cabbage, cheeses, paprika and crushed red pepper with cream mixture until well combined. Transfer to prepared dish. Top with pancetta or bacon. Bake 30 minutes, pressing down with spatula at least once to moisten cabbage. Watch carefully; top should be crispy but not burned. Makes 6 to 8 servings, about 320 calories per 6, 240 calories per 8.

KRISTINE AND TOR AASHEIM

FRIED CAMEMBERT WITH LINGONBERRIES

pictured on page 126

- 1 wheel (8 oz.) Camembert cheese
- ½ cup all-purpose flour
- 1 egg, lightly beaten with 1 tablespoon water
- 1 cup fresh bread crumbs
- ½ cup jarred lingonberries in sugar, drained
- ½ teaspoon lemon juice
- 1 bunch parsley, stems trimmed, washed and dried thoroughly
- 2 quarts salad oil for deep frying

Divide Camembert into 4 equal wedges. Dredge lightly in flour. Dip in egg wash; roll in bread crumbs. Refrigerate 30 minutes.

In serving dish combine lingonberries and lemon juice; set aside. Break parsley into small sprigs. Heat oil in deep fryer to 375°F. Add Camembert and fry 2 to 3 minutes, until golden brown. Drain on paper towels. Fry parsley 30 seconds or until crispy. (Parsley may splatter.) Place cheese on lingonberries and garnish with fried parsley. Makes 4 servings, about 430 calories each.

GRAVLAX WITH MUSTARD DILL SAUCE

pictured on page 126

- 1 piece (3 lbs.) fresh salmon, scaled, filleted and halved
- ¼ cup salt
- ¼ cup sugar
- 2 tablespoons ground white pepper
- 1 large bunch dill
- 2 tablespoons brandy
- 2 tablespoons dry sherry

Mustard Dill Sauce

- ½ cup Dijon mustard
- 1 tablespoon dry mustard
- 2 tablespoons lemon juice
- 2 teaspoons sugar
- ¼ teaspoon salt
- 2 egg yolks
- 1 cup salad oil
- ½ cup chopped fresh dill or 4 teaspoons dillweed

Rinse salmon under cold running water; pat dry. In small bowl combine salt, sugar and white pepper; rub some into skin of 1 piece of salmon. Place that piece of salmon skin side down in shallow dish. Sprinkle with some additional salt mixture. Top with dill. Sprinkle with brandy and sherry. Top with second piece of salmon skin side up, rotating so the thick side of top fillet is resting on thin side of bottom fillet. Rub skin with remaining salt mixture. Cover with plastic wrap. To weight down fish, cover with cutting board and 4 or 5 heavy cans. Refrigerate 36 to 48 hours, turning every 12 hours and spooning juice over fish. (*Refrigerate up to 1 week.*)

Remove salmon from marinade. Scrape away dill and peppercorns and pat dry. To slice, place fillet on cutting board skin side down. Cut thinly on the diagonal and detach from skin. Serve with sauce. Makes 16 to 20 servings, about 140 calories each per 16, 110 calories each per 20.

Mustard Dill Sauce: In small mixer bowl combine mustards, lemon juice, sugar, salt and egg yolks; beat until well blended. With mixer at high speed, slowly add oil. Beat 1 minute more. Stir in dill. Cover and refrigerate. *(Can be made ahead. Refrigerate up to 1 week.)* Makes 2¼ cups, about 60 calories per tablespoon.

KIWI-RASPBERRY TART

pictured on page 126

Pastry

- 1½ cups all-purpose flour *(continued)*

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A potato is one diet food that's hard to disguise.

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*150 grams, round type, boiled in skin. Source: "Nutrition Labeling, Tools For Its Use," USDA Bulletin No. 382. 1983–84 National Consumption Study.

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COOKING WITH LOVE
continued

- 2 tablespoons sugar
- ¼ teaspoon salt
- ½ cup unsalted butter, cut up
- 1 egg yolk
- 1 tablespoon or more cold water

Pastry Cream

- 3 egg yolks
- ¼ cup sugar
- ⅓ cup all-purpose flour, sifted
- ¼ teaspoon salt
- 1 cup milk, scalded
- 1 tablespoon butter
- 2 tablespoons orange liqueur
- ½ cup heavy cream, whipped

- ⅓ cup apricot preserves
- ½ pint fresh raspberries
- 2 large kiwi fruit, peeled and sliced thin

Pastry: In large bowl combine dry ingredients. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. In small bowl combine egg yolk and water; stir into flour mixture with fork just until pastry forms a ball. Wrap in plastic wrap and refrigerate at least 1 hour. Roll out into a 12-inch circle; fit into a 10-inch tart pan with removable bottom. Refrigerate 30 minutes.

Preheat oven to 400°F. Line pastry with foil and fill with dried beans, rice or pie weights. Bake 10 minutes; remove foil and contents. Prick bottom with fork and bake 8 minutes more. Cool on wire rack.

Pastry Cream: In mixer bowl beat egg yolks; gradually add sugar until pale and thick, about 2 to 3 minutes. Beat in flour and salt. Gradually beat in milk. Transfer to medium saucepan and bring to a boil over medium heat, whisking constantly. Cook, whisking, 2 to 3 minutes. Remove from heat. Stir in butter and orange liqueur. Strain into small bowl. Cover surface directly with wax paper and refrigerate until completely cool. (*Can be made ahead. Cover and refrigerate up to 24 hours.*) Stir chilled pastry cream with whisk; fold in whipped cream. Spoon pastry cream into cooled tart shell. Refrigerate.

In small saucepan melt preserves over low heat. Strain.

Remove tart from pan. Arrange a circle of raspberries around border, then 2 circles of overlapping kiwi slices. Fill center with raspberries. Brush with glaze. Refrigerate up to 2 hours. Makes 12 servings, about 290 calories each.

WALLEYED PIKE EN PAPILLOTE

pictured on page 126

- ½ cup butter, softened
- 2 tablespoons sherry
- ¼ teaspoon freshly ground pepper
- 4 walleyed pike or trout fillets (8 oz. each)
- 4 shiitake or large button mushrooms, sliced thin
- ½ cup julienned carrot
- ½ teaspoon salt
- ½ cup julienned leek

Preheat oven to 375°F. Cut 4 pieces of parchment paper into 14-inch rounds.

In small bowl combine butter, sherry and pepper. Butter one side of each parchment round with half the mixture. Divide fish among parchment rounds. Spread with remaining butter. Add mushrooms and carrot; sprinkle with salt. Top with leek. Fold rounds over. Starting at one end, fold edges together, overlapping, to form a tight, fluted edge. Fold tip of packet several times to close securely. Bake packets on cookie sheet 10 minutes. Makes 4 servings, about 440 calories each.

MOUSSE D'ESCARGOT

Escargot Butter

- ½ cup unsalted butter, softened
- 1 small garlic clove, minced
- 1 shallot, minced
- 2 tablespoons chopped parsley
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Mousse

- ½ pound boneless, skinless chicken breasts, cubed
- 1 can (8 oz.) snails, drained
- 1 egg white
- 1 garlic clove, coarsely chopped
- ¾ teaspoon salt
- ¼ teaspoon white pepper
- 3 cups heavy or whipping cream
- ⅓ cup chopped parsley

Escargot Butter: In small bowl combine all ingredients until well blended. Set aside at room temperature.

Mousse: Preheat oven to 325°F. Lightly butter ten ½-cup molds. In food processor combine chicken, snails, egg white, garlic, salt and white pepper; puree, adding cream in a slow, steady stream. Stir in parsley.

Place prepared molds in large roasting pan; divide mousse among them. Add boiling water to reach ¾ up sides of molds. Bake 30 to 40 minutes, just until firm. Let stand in water bath 10 minutes. *(Can be made ahead. Transfer molds to cookie sheet and cover loosely with foil. Refrigerate up to 4 hours. Reheat in 350°F oven 20 minutes.)*

Unmold mousses on serving plates. Serve with escargot butter. Makes 10 servings, about 390 calories each.

CHOCOLATE CHESTNUT TORTE

- 1 can (15½ oz.) sweetened chestnut puree
- ½ cup brandy
- ⅓ cup heavy or whipping cream
- ¼ cup unsalted butter, softened
- ¾ cup sugar
- 16 squares (1 oz. each) semisweet chocolate, melted and cooled
- 5 eggs, at room temperature
- 2 egg yolks, at room temperature
- 2 tablespoons cornstarch
- ½ teaspoon salt

Chocolate Ganache Icing

- 4 squares (1 oz. each) semisweet chocolate
- ¾ cup heavy or whipping cream, scalded
- 1 tablespoon unsalted butter

Preheat oven to 325°F. Lightly butter 9-inch springform pan.

In small bowl combine chestnu puree, brandy and cream. In large mix er bowl cream butter and sugar unt light and fluffy. Add chestnut mixtur and beat well. Add chocolate and bea well, scraping down sides. Beat in egg and yolks one at a time, beating we after each addition. Sift cornstarch an salt over mixture and beat 1 minut scraping down sides. Pour batter int prepared pan. Bake 1½ hours or unt toothpick inserted in center comes ou clean. Remove sides and cool complete ly on wire rack. Refrigerate overnight *Chocolate Ganache Icing:* In doubl boiler over hot but not boiling wate melt chocolate. Add scalded crean whisking until smooth. Remove fro heat and stir in butter. Cool 10 mi utes, stirring occasionally, or unt slightly thickened.

Invert cake on rack and remove pa bottom. Pour warm icing over cak smooth over top and sides with spatul Transfer to serving dish and refrige ate until icing sets. Makes 16 serving about 370 calories each.

KAREN HUBERT AND LEN ALLISON

PAN-BLACKENED SALMON

pictured on page 124

White Radish Sauce

- 1 cup finely grated daikon (white radish)
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 2 teaspoons red wine vinegar
- 2 teaspoons sugar
- ½ teaspoon salt

- 1 tablespoon kosher salt
- 1 teaspoon black peppercorns
- 1 teaspoon ground red pepper
- 1 teaspoon garlic powder
- ½ teaspoon thyme
- ½ teaspoon oregano
- ½ teaspoon onion powder
- ½ cup unsalted butter, softened
- 4 salmon fillets (6 oz. each)
- 4 lime slices

White Radish Sauce: In small bow combine all ingredients until we blended. Refrigerate. *(continued*



Taste a Sunny Place called Dole

A little Dole® pineapple works in many ways. Naturally, it can brighten taste. Or bring a tangy coolness to spicy favorites—as it does for this new festive, yet simple, oriental entree.

China Sun Pork

- 1 can (20 oz.) Dole Pineapple Chunks
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon white vinegar
- ¼ teaspoon hot red pepper flakes
- 1 pound boneless pork butt
- 2 tablespoons vegetable oil
- 2 large cloves garlic, pressed
- 2 tablespoons minced ginger root or 1 teaspoon ground ginger
- 1 onion, quartered
- 2 medium carrots, slivered
- 1 green bell pepper, slivered

DIRECTIONS

Drain pineapple, reserve 3 tablespoons juice. Mix reserved juice with ½ cup water, soy sauce, cornstarch, vinegar and pepper flakes; set aside. Cut pork in strips. In skillet or wok, brown pork in hot oil. Add garlic and ginger; cook 1 minute. Add onion and carrots; cook 1 minute. Stir sauce; add to skillet with pineapple and bell pepper. Cook until sauce boils and thickens. Serves 4.

For more recipes, send a stamped self-addressed envelope to: ORIENTAL COOKING WITH DOLE, Dept. F 86, P.O. Box 7758, San Francisco, CA 94120.

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COOKING WITH LOVE
continued

In blender grind spices and herbs to a powder. In small bowl combine with butter until well blended. Coat both sides of salmon fillets with butter.

Heat a lightly oiled large cast-iron skillet over high heat almost to the smoking point. Add salmon and cook 3 minutes or until blackened. Turn; cover and cook 2 to 3 minutes, until done. (If necessary, cook in batches.) Transfer to serving dish. Garnish with lime slices and sauce. Makes 4 servings, about 600 calories each.

Editor's Note: This recipe creates a great deal of smoke. Make sure your kitchen is well ventilated and your smoke alarm turned off.

SCALLOP WALTZ

pictured on page 124

- 1 can (8 oz.) crushed pineapple in unsweetened juice, drained
- ⅓ cup seeded and diced poblano or other chili pepper
- ⅓ cup diced red onion
- ¼ cup diced red pepper
- 2 tablespoons golden raisins
- 2 tablespoons olive oil
- 1 cup plus 1 tablespoon vermouth, divided
- 1 teaspoon coriander seed, ground
- ½ cup water
- 1 pound sea scallops
- 2 ounces salmon caviar

In medium bowl combine pineapple, poblano pepper, onion, red pepper, raisins, olive oil, 1 tablespoon vermouth and coriander. Marinate 1 to 2 hours.

In medium saucepan combine remaining 1 cup vermouth and water; cover and bring to a boil. Add scallops; reduce heat and poach gently 2 minutes or just until they turn opaque. Remove from heat and cool scallops in liquid. Refrigerate 1 hour.

Slice scallops ⅛ inch thick. Divide pineapple mixture among 4 serving plates. Top with scallop slices in flower shape. Garnish with caviar. Makes 4 servings, about 280 calories each.

ALMOND BRITTLE ICE CREAM

pictured on page 124

- 2 cups milk
- 1 vanilla bean, split
- 6 egg yolks, at room temperature
- 2¾ cups sugar, divided
- Pinch salt
- 1½ cups blanched almond slivers, toasted
- 2 cups heavy or whipping cream

In medium stainless steel or enamel saucepan heat milk with vanilla be to boiling. Meanwhile, in mixer bo beat egg yolks with ¾ cup sugar a salt until pale and thick. Remove v nilla bean and slowly whisk ½ cup h milk into egg mixture. Slowly whi egg mixture into hot milk. In saucep cook custard over medium-low heat u til thick, stirring constantly. Refrige ate until cool.

In large heavy skillet heat remai ing 2 cups sugar over medium hea stirring once if needed, until sugar melted and amber-colored. Add a monds and scrape out onto jelly-ro pan. Cool until hardened. Break in small pieces. Reserve 1 cup and fo remainder into custard.

In medium bowl beat cream until begins to mound; fold into custar Transfer to ice cream maker and free according to manufacturer's direction Garnish with reserved brittle. Mak 10 servings, about 605 calories each.

CHOCOLATE FUDGE CAKE

pictured on page 124

- 12 squares (1 oz. each) unsweetened chocolate
- ¾ cup unsalted butter
- 9 eggs, separated, at room temperatu
- 1½ cups sugar

(continued



Who'd take an hour just to make a waffle?



We would.

The secret to making crisp and tender waffles is a lot of time and a lot of care.

That's why, at Aunt Jemima, we spend a whole hour making ours.

The first thing we do is mix enriched flour, fresh eggs and other ingredients to make a smooth, consistent batter.

Then we let the batter rest as it thoroughly blends together.

Next we pour the batter into pre-heated waffle irons for baking. Just for a couple of minutes, until the waffles are perfectly crispy on the outside, delightfully tender on the inside.

Now all of this takes a full hour.

The rest is up to you.

So you don't have to.

All you have to do is pop your Aunt Jemima waffles into your toaster for two minutes. Then enjoy.



Aunt Je-mmmm mmmm

You can taste the time we take.

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COOKING WITH LOVE
continued

½ cup all-purpose flour, sifted
½ teaspoon salt
¾ cup coarsely chopped pecans
¾ cup coarsely chopped walnuts

Icing

8 squares (1 oz. each) semisweet chocolate, chopped
½ cup unsalted butter, cut into pieces
1 tablespoon heavy or whipping cream
1 tablespoon brandy

Preheat oven to 375°F. Butter bottom of 8-inch springform pan. Line with wax paper circle and butter paper and sides. Dust lightly with flour.

In double boiler melt chocolate and butter over medium-low heat; cool. In mixer bowl beat egg yolks, gradually adding sugar until pale and thick. Mix in chocolate. Add flour, salt and egg whites; beat at low speed until mixed.

Pour half the batter into prepared pan. Sprinkle with nuts. Pour in remaining batter. Bake 35 minutes or until cake just begins to pull away from sides. (Center will be soft and will sink.) Cool on wire rack 10 minutes. Remove sides of pan and cool.

Icing: In double boiler combine all ingredients and cook over medium-low heat, stirring occasionally, just until chocolate and butter have melted. Cool 15 minutes.

Invert cake on rack and remove pan bottom. Pour icing over cake. With spatula, smooth top and sides. Transfer to serving dish and refrigerate just until icing is set. Makes 16 servings, about 570 calories each.

COUNTRY CAPTAIN

Curry Mixture

2 tablespoons cumin
2 tablespoons coriander seed
4 bay leaves, crumbled
1 cinnamon stick, broken
1 tablespoon whole black peppercorns
1 teaspoon fennel seed
1 teaspoon turmeric
½ teaspoon allspice

1 chicken (3 lbs.), quartered
¾ teaspoon salt
½ teaspoon pepper
½ cup all-purpose flour
2 tablespoons salad oil
1 medium onion, diced
1 teaspoon minced garlic
¼ cup dry white wine or vermouth
¾ cup chicken broth
1 can (16 oz.) whole tomatoes, drained and chopped
1 red pepper, julienned
1 green pepper, julienned
2 tablespoons chutney
2 tablespoons currants
1 tablespoon butter or margarine
3 green onions, chopped
Toasted almond slivers, for garnish

Curry Mixture: In blender grind all ingredients to as fine a powder as possible. Shake through a sieve to remove seed hulls. (Store unused mixture in jar with tight-fitting lid.)

Preheat oven to 375°F. Season chicken with salt and pepper. Dredge in flour, shaking off excess. In large Dutch oven heat oil over medium-high heat. Add chicken skin side down and brown 10 minutes per side. Transfer chicken to a platter and keep warm. Drain off all but 1 tablespoon drippings. Reduce heat to medium. Add onion, garlic and 1½ tablespoons curry mixture; saute until onions are translucent, about 5 minutes. Add wine to pan, scraping up brown bits. Add chicken broth, tomatoes, red and green peppers, chutney and currants. Bring to a boil. Add chicken. Cover and bake 40 minutes.

Transfer chicken to warm platter. Reduce sauce over high heat until thick. Stir in butter or margarine and green onions. Add salt and pepper to taste. Pour over chicken and garnish with almonds. Makes 4 servings, about 530 calories each.

ROQUEFORT SOUFFLÉS

3 tablespoons butter or margarine
⅓ cup all-purpose flour
1 tablespoon cornstarch
1½ cups milk, heated
4 eggs, separated, at room temperature
3 tablespoons cognac, divided
2 teaspoons Worcestershire sauce
5 drops red pepper sauce
Salt and freshly ground pepper
Pinch nutmeg
1 cup crumbled Roquefort or blue cheese
2 cups applesauce
¾ cup heavy or whipping cream

Preheat oven to 350°F. Lightly butter eight ½-cup molds and sprinkle with cornmeal; shake out excess.

In medium saucepan melt butter or margarine over medium heat. Stir in flour and cornstarch. Cook, stirring, 1 minute. Whisk in milk; strain and cool. Whisk in egg yolks, 2 tablespoons cognac, Worcestershire, red pepper sauce, ½ teaspoon salt, ¼ teaspoon pepper and nutmeg. Fold in cheese.

In mixer bowl beat egg whites until soft peaks form; fold into cheese mixture. Spoon into prepared molds. Place molds in large roasting pan and fill pan with boiling water ¾ up sides of molds. Bake 20 to 25 minutes, until edges are firm to the touch.

Meanwhile, in medium saucepan combine applesauce, cream, remaining 1 tablespoon cognac, ¼ teaspoon salt and ¼ teaspoon pepper. Reduce over medium-high heat until slightly thickened. Spoon some sauce in each of 8 serving dishes. Unmold soufflés in center. Makes 8 servings, about 340 calories each. **End**

INTRODUCING ANOTHER 'DISAPPEARING CAKE RECIPE FROM DUNCAN HINES.



NEW SNOWBALL CAKE

Bake up a storm this winter with our me in-your-mouth Snowball Cake. Almond sli crystalized ginger, and cream cheese turn Duncan Hines Yellow Cake Mix into a dess that will cheer up any dreary winter day. C Yellow Cake is so moist your Snowball Cak will vanish in a flurry.

CAKE:
1 package Duncan Hines Yellow Cake Mix
3 large eggs
1/3 cup oil
1¼ cups water
1 t. almond extract
1/2 cup crystalized ginger, coarsely chopped
3/4 cup slivered almonds, toasted and coarsely chopped

1. Preheat oven to 350°. Grease and flour a 10-inch Bundt or tube pan.
2. Combine cake mix, eggs, oil, water, and almond extract; blend 2 minutes. Fold ginger and almonds into batter.
3. Pour into greased pan. Bake 50 minutes o until toothpick inserted in center comes out clean. Cool in pan on rack 25 minutes. Remove from pan and cool 2 hours.
4. Using a long serrated knife, slice cake horizontally into two layers, making the top layer 1/3 the height of cake, the bottom layer 2/3 the height. Remove top and set aside. Hollow out center of bottom cake, leaving a 3/4 inch border of cake on bottom and sides. Spoon filling into tunnel. Replace the top layer.
5. Ice cake with Coconut Icing.

FILLING
1 8-ounce package cream cheese, softened
1/2 cup sour cream
3 T. confectioners' sugar
1/2 t. vanilla

In large bowl, beat cream cheese until light and fluffy. Beat in sour cream, confectioners' sugar and vanilla until smooth. Spoon filling into cake tunnel.

COCONUT ICING
1 Duncan Hines Creamy Vanilla Frosting
1 T. fresh lemon juice
1 cup shredded coconut



Combine Vanilla Frosting and lemon juice until well mixed. Spread on cake and sprinkle coconut over icing immediately.

Moist, Delicious



...e Procter & Gamble Company



Creamy Chicken 'N Broccoli

1 package (6 oz.) stuffing mix
1 can (2.8 oz.) Durkee French Fried Onions
1 package (10 oz.) frozen broccoli spears, thawed and drained
1 package (1⅛ oz.) Durkee Cheese Sauce Mix
1¼ cups milk
½ cup sour cream
2 cups (10 oz.) cubed, cooked chicken or turkey

Prepare stuffing mix according to package directions; stir in *½ can* French Fried Onions. Spread stuffing over bottom of greased 9-inch round shallow casserole dish (about 1¾ quarts). Arrange broccoli spears with flowerets around the outer edge of dish. Prepare cheese sauce mix according to package directions, using 1¼ cups milk; stir in sour cream. Combine chicken and cheese sauce; mix well. Pour mixture over broccoli stalks. Bake, covered, at 350° for 30 minutes. Sprinkle remaining onions over chicken and bake, uncovered, 5 minutes longer.

MAKES 4 to 6 servings.

BAR COOKIE CLASSICS

continued from page 112

PEANUT BUTTER AND JELLY BARS

pictured on page 112

PB&J sandwich fans, this is the cookie for you.

¼ cup shortening
¾ cup chunky peanut butter
1 cup firmly packed light brown sugar
2 eggs
2 teaspoons vanilla extract
Pinch salt
1¼ cups all-purpose flour

Streusel

½ cup oats, uncooked
2 tablespoons flour
Dash cinnamon
3 tablespoons light brown sugar
2 tablespoons butter or margarine

¼ cup grape jelly

Preheat oven to 375°F. Grease a 13x9-inch baking pan.

In mixer bowl combine shortening, peanut butter, sugar, eggs, vanilla and salt; beat at medium speed until well blended. On low speed beat in flour just until combined. Spread in prepared pan.

Streusel: In small bowl combine dry ingredients. With pastry blender or 2 knives, cut in butter or margarine. Sprinkle over cookie dough.

With small spoon make 4 rows of 6 depressions each, about 1 inch deep. Bake 20 minutes. With spoon press depressions again. Bake 10 minutes more. Spoon ½ teaspoon jelly into each imprint. Bake 5 minutes more. Cool in pan. Cut into 2-inch squares. Makes 24, about 170 calories each.

LINZER BARS

pictured on page 112

Linzertorte is a classic Viennese pastry. These cookies provide the same luscious raspberry taste with a lot less trouble.

1 cup applesauce
¾ cup raspberry preserves
1 cup whole natural almonds
¾ cup plus 2 tablespoons sugar, divided
½ cup butter, softened
1 egg
½ teaspoon grated lemon peel
1½ cups all-purpose flour
¼ teaspoon salt
½ teaspoon cinnamon
1 egg white, lightly beaten

Preheat oven to 375°F. Line a 13x9-inch baking pan with foil; grease foil. In small saucepan cook applesauce over low heat until most of liquid evaporates, about 25 minutes. Stir in preserves; set aside. In food processor grind almonds with 2 tablespoons sugar until very fine; set aside.

In mixer bowl cream butter until light and fluffy. Gradually beat in remaining ¾ cup sugar. Beat in egg and lemon peel. In medium bowl combine flour, salt and cinnamon; stir into butter mixture. Stir in almond-sugar. Set aside one quarter of dough. Pat remaining dough evenly into prepared pan. Bake 20 minutes. Spread with fruit filling.

Add egg white to reserved dough; spoon into pastry bag fitted with #1 plain tube. Pipe dough over filling in lattice pattern. Bake 30 minutes. Cut into 2x1-inch bars. Makes 54, about 75 calories each.

CHEESECAKE BARS

pictured on page 112

The nutty crust and the creamy top make a fantastic duo.

Crust

- 1 cup all-purpose flour
- 1 cup finely chopped walnuts
- ⅓ cup firmly packed light brown sugar
- ¼ teaspoon salt
- ⅓ cup butter or margarine, melted

Cheesecake

- 2 packages (8 oz. each) cream cheese, softened
- ¾ cup sugar
- Grated peel of 1 lemon
- 3 eggs

Topping

- 1½ cups sour cream
- 3 tablespoons sugar
- 2 teaspoons vanilla extract

Preheat oven to 350°F. Grease a 13x9-inch baking pan.

Crust: In medium bowl combine dry ingredients. Pour in butter or margarine and toss with a fork. Pat mixture evenly into prepared pan. Bake 15 minutes.

Cheesecake: In mixer bowl beat cheese, sugar and lemon peel until smooth. Add eggs, beating well. Pour over baked crust. Bake 25 minutes. Cool 5 minutes.

Topping: In bowl combine all ingredients. Spoon over cheesecake, spreading evenly. Bake 5 to 7 minutes. Cool. Refrigerate at least 30 minutes. Cut into 1½x1-inch bars. Makes 72, about 75 calories each.

DRIZZLE BROWNIES

pictured on page 113

Chocoholics will love this rich treat.

- 8 squares (1 oz. each) unsweetened chocolate
- ¾ cup butter or margarine
- 1½ teaspoons vanilla extract
- 3 cups sugar
- 6 eggs
- ¼ teaspoon salt
- 1½ cups all-purpose flour
- 1½ cups chopped toasted walnuts
- 3 ounces white chocolate, melted

Preheat oven to 375°F. Line a 15½x10½-inch jelly-roll pan with foil; grease. In saucepan melt chocolate and butter or margarine. Stir in vanilla; cool.

In mixer bowl beat sugar, eggs and salt until light and fluffy. Add chocolate mixture; beat well. Add flour; beat well. Stir in walnuts. Pour into pan. Bake 35 minutes. Cool in pan on wire rack 30 minutes. Invert on rack; remove foil. Cool right side up on rack. Drizzle with white chocolate. Cut into 1½-inch squares. Makes 70, 105 calories each.

PECAN CHOCOLATE CHIP BARS

pictured on page 113

This chewy version resembles a classic chocolate chip cookie baked in bar form.

- 1¾ cups all-purpose flour
- ½ teaspoon salt
- 1 cup butter, softened
- 1½ cups firmly packed light brown sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 2 cups chocolate chips, divided
- 1½ cups coarsely chopped pecans, divided

Preheat oven to 375°F. In small bowl combine flour and salt. In mixer bowl cream butter with sugar until light and fluffy. Beat in vanilla. Add eggs one at a time, beating well after each addition. Gradually beat in flour. Stir in 1½ cups chocolate chips and ¾ cup pecans. Spoon into ungreased 15½x10½-inch jelly-roll pan. Sprinkle with remaining ½ cup chocolate chips and ¾ cup pecans. Bake 25 minutes. Cool. Cut into 2½x1½-inch bars. Makes 42, about 135 calories each.

(continued)



BAR COOKIE CLASSICS
continued

S'MORE BARS

These gooey cookies will bring back childhood memories of summer camp.

22 honey graham crackers
½ cup sugar
½ teaspoon baking soda
½ cup butter or margarine, cut up
1 egg
2 cups miniature marshmallows
¾ cup milk chocolate chips

Preheat oven to 350°F. Line a 9-inch square pan with foil. In food processor crush graham crackers very fine. Blend in sugar and baking soda. With machine on, drop in butter or margarine one piece at a time and process until well combined. Add egg and process until mixture begins to form a ball. Press into pan. Bake 20 to 25 minutes.

Preheat broiler. Sprinkle crust with marshmallows and chips. Broil 1 minute. Cool. Cut into 2-inch squares. Makes 16, about 220 calories each.

CHOCOLATE TOFFEE BARS

Three delectable layers combine to create this heavenly "candy bar."

Crust

1¾ cups all-purpose flour
¼ cup sugar
7 tablespoons butter
1 egg
1 teaspoon water
½ teaspoon vanilla extract

Toffee Layer

1 cup sugar
½ cup heavy or whipping cream
¾ cup butter, cut into 12 pieces
2 cups chopped toasted walnuts

4 squares (1 oz. each) semisweet chocolate, melted

Crust: Preheat oven to 375°F. Line a 13x9-inch baking pan with foil. In food processor combine flour, sugar and butter until mixed. Add egg, water and vanilla and process until dough begins to form a ball. Pat into pan and bake 25 to 30 minutes, until golden; cool.

Toffee Layer: In large heavy skillet cook sugar over medium heat 8 to 10 minutes or until sugar is completely melted and syrup is a deep caramel color. Quickly and carefully stir in cream (mixture may bubble rapidly). Stir in butter, three pieces at a time. Stir in walnuts; pour immediately over crust. Spread evenly; cool.

Spread chocolate over toffee layer. Refrigerate 1 hour. Cut into 2x1-inch bars. Makes 54, 115 calories each.

FIG BARS

These are sure to remind you of those fig sandwich cookies you loved as a kid.

Dough

2½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon cinnamon
¼ teaspoon salt
½ cup butter or margarine, softened
½ cup firmly packed dark brown sugar
½ cup granulated sugar
2 eggs

Filling

1 package (8 oz.) dried Calimyrna figs, finely chopped
2 tablespoons dark brown sugar
3 tablespoons orange juice
½ cup water

Dough: In medium bowl combine flour, baking powder, baking soda, cinnamon and salt. In mixer bowl cream butter or margarine with sugars until light and fluffy. Add eggs one at a time, beating well after each addition. Gradually beat in flour mixture. Divide dough in half; shape each half into a flat rectangle. Wrap in plastic wrap and refrigerate several hours or overnight.

Filling: In small saucepan combine all ingredients. Bring to a boil; reduce heat and simmer uncovered 10 minutes or until thickened. Cool. Cover and refrigerate until ready to use.

Preheat oven to 375°F. Line a 13x9-inch baking pan with foil. Grease foil. Between 2 sheets of wax paper, roll out one dough half into a rectangle to fit pan. Press into pan. Spread filling over dough. Roll out remaining dough. Place over filling; press around sides of pan to seal edges. Bake 35 minutes. Cool in pan on wire rack. Cut into 2x1-inch bars. Makes 54, 70 calories each.

FRESH GINGER MOLASSES BARS

The intriguing twist to these cookies is grated fresh ginger.

2 cups all-purpose flour
½ teaspoon cinnamon
½ teaspoon baking soda
Dash salt
½ cup raisins
½ cup shortening
¼ cup butter or margarine, softened
¾ cup firmly packed light brown sugar
½ cup light molasses
1 egg
2 tablespoons grated fresh ginger

Glaze

2 cups sifted confectioners' sugar
3 tablespoons butter or margarine, melted
1 tablespoon heavy cream
2 tablespoons brandy or cognac
½ teaspoon vanilla extract
Dash salt

Preheat oven to 375°F. Grease a 13x9-inch baking pan. In large bowl mix dry ingredients. Stir in raisins. In mixer bowl cream shortening, butter, sugar and molasses until light and fluffy. Beat in egg. Add ginger. Stir in dry ingredients. Spread in pan. Bake 25 minutes.

Glaze: In bowl combine all ingredients until smooth. Pour over hot bars; cool in pan. Cut into 2x1-inch bars. Makes 54, about 95 calories each.

WHOLE WHEAT RAISIN BARS

Grinding the walnuts and raisins is the key to giving this a cakelike texture.

1 cup raisins
1 cup walnut pieces
1 cup hot water
1 teaspoon baking soda
1½ cups whole wheat flour
1½ cups all-purpose flour
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon baking powder
1 cup butter or margarine, softened
1½ cups firmly packed light brown sugar
2 eggs
1 teaspoon vanilla extract
½ cup chopped walnuts

Preheat oven to 350°F. Grease and flour a 15½x10½-inch jelly-roll pan. Combine raisins and walnut pieces and put through a food grinder. In small bowl combine hot water and baking soda; add raisin-nut mixture. In medium bowl combine dry ingredients.

In mixer bowl cream butter or margarine with sugar until light and fluffy. Add eggs and vanilla, beating well. Beat in dry ingredients alternately with raisin-nut mixture. Stir in walnuts. Spread in pan. Bake 35 to 40 minutes. Cool in pan on wire rack. Cut into 2½x1½-inch bars. Makes 42, about 145 calories each.

CASHEW BARS

Shortbread with a twist—cashews!

¾ cup butter, softened
1 cup firmly packed light brown sugar
1 egg yolk
1 teaspoon vanilla extract
2 cups all-purpose flour
1 cup roasted salted cashews, chopped
30 cashew halves, for garnish

Preheat oven to 350°F. Grease a 13x9-inch baking pan. In bowl cream butter with sugar until light and fluffy. Beat in egg yolk and vanilla. Stir in flour; fold in chopped cashews. Spread in prepared pan, rolling flat with a straight-sided glass. Press cashew halves into dough. Bake 35 minutes. Cool in pan on wire rack. Cut into 2½x1½-inch bars. Makes 30, 130 calories each. **End**

Correction:
The correct amount of butter in the recipe for Svenska Pinner's Swedish Ice-Box Cookies on page 180 of our December issue is 1½ cups.



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Nature's best ingredients baked better with butter.



MARVELOUS MEAT LOAF

continued from page 105

TURKEY LOAF EN CROUTE

pictured on page 104

Who would guess that beneath the golden crust lies ground turkey? This elegant dish is perfect for entertaining.

- 3 tablespoons butter or margarine
- 1 cup finely diced onions
- ½ teaspoon rosemary
- ¼ teaspoon sage
- 1 cup finely diced carrots
- 1 cup finely diced celery root
- ¾ pound mushrooms, minced
- ⅓ cup chopped parsley
- Salt and freshly ground pepper
- 2 pounds frozen ground turkey, thawed
- ¾ cup unsalted cracker crumbs
- ⅓ cup heavy or whipping cream
- 1 egg

Crust

- 1¾ cups all-purpose flour
- ½ teaspoon salt
- ¼ cup lard
- ¼ cup margarine
- 3 to 5 tablespoons cold water
- 1 egg yolk, beaten with 1 tablespoon water, for egg wash

In large skillet melt butter or margarine. Add onions and saute until translucent. Crumble in herbs. Add carrots and celery root; saute just until tender, about 2 minutes. Add mushrooms and cook until liquid evaporates. Stir in parsley, ½ teaspoon salt and ¼ teaspoon pepper; cool. In large bowl combine with remaining ingredients, 1 teaspoon salt and ¼ teaspoon pepper.

Crust: Preheat oven to 350°F. In medium bowl combine flour and salt. With pastry blender or 2 knives, cut in lard and margarine until mixture resembles fine crumbs. Make a well in center and gradually add enough water to make a soft but not sticky dough. On lightly floured surface, roll to a 12x10-inch rectangle.

Shape turkey mixture into an 8x5-inch loaf. Place on broiler rack set in baking pan. Drape pastry over rolling pin. Drape over sides and top of loaf and press carefully to shape. With sharp knife, trim pastry flush with bottom of loaf. Cut 3 or 4 vents in top. If desired, cut pastry scraps to make design. Brush pastry with egg wash. Add pastry cutouts and brush with egg wash. Bake 75 to 90 minutes. (If loaf browns too quickly, tent with foil.) Let stand 5 to 10 minutes before serving. Makes 8 servings, 635 calories each.

SHEPHERD'S PORK PIE

pictured on page 105

Our version of a crustless shepherd's pie features ground pork and a mellow turnip-potato topping.

Turnip-Potato Layer

- 1½ pounds turnips, peeled and cut into 1-inch pieces
- 1½ pounds all-purpose potatoes, peeled and cut into 1-inch pieces
- 2 tablespoons butter or margarine
- 3 tablespoons heavy or whipping cream
- 1 garlic clove, crushed
- ¾ teaspoon salt
- Pinch white pepper
- 1 egg, lightly beaten

- 2 tablespoons butter or margarine
- 1 cup chopped onions
- ¼ teaspoon thyme
- 1½ pounds lean ground pork
- ¾ cup fresh bread crumbs
- ¼ cup chopped parsley
- 1 teaspoon salt
- Pinch white pepper
- 1 egg, lightly beaten
- ½ cup grated Parmesan cheese

Turnip-Potato Layer: In large saucepan fitted with steamer rack bring 1 inch water to a boil. Add turnips and steam covered over medium heat 20 minutes. Transfer to food processor and puree. In same saucepan steam potatoes 15 minutes. Force potatoes through ricer; place in large bowl with turnip puree.

In small saucepan melt butter or margarine with cream, garlic, salt and pepper. Discard garlic. Pour hot liquid into turnip-potato mixture; beat until smooth. Set aside 1 cup puree. Beat egg into remainder.

Preheat oven to 350°F. In small skillet melt butter or margarine. Add onions and saute until translucent, about 5 minutes. Stir in thyme; cool. In large bowl combine pork, 1 cup reserved turnip-potato mixture, onions, bread crumbs, parsley, salt, pepper and egg; mix well. Spread in an 8-inch springform pan, smoothing with a spatula. Place springform pan in a jelly-roll or shallow roasting pan. Bake 1 hour. Pour off juices. Sprinkle pork loaf with ¼ cup Parmesan. Spread remaining turnip-potato mixture evenly over top. Sprinkle with remaining Parmesan. Bake 30 minutes more.

Preheat broiler. Broil loaf 4 inches from heat source until golden. Let stand 10 to 15 minutes. Run a small knife around edge to loosen. Makes 6 to 8 servings, about 495 calories each per 6, 370 calories each per 8. *(continued*

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MARVELOUS MEAT LOAF
continued

ZESTY CORNED BEEF LOAF

pictured on page 105

Corned beef in a meat loaf? Jazzed up with a bit of pickle and horseradish, its taste really comes alive.

- 1 pound cooked corned beef, cubed
- 1 pound lean ground pork
- ½ cup diced onion
- ⅓ cup diced sweet pickle
- ½ cup milk
- 2 eggs
- 2 tablespoons Dijon mustard
- 1 tablespoon prepared horseradish
- ¼ teaspoon freshly ground pepper
- Dash red pepper sauce
- 2 tablespoons light brown sugar
- ½ cup plus 2 tablespoons dry bread crumbs

Preheat oven to 350°F. Grind corned beef in food grinder with fine disc. Mix well with pork and grind again. In large bowl combine meats with remaining ingredients except brown sugar and 2 tablespoons bread crumbs. Pack into an 8½x4½-inch loaf pan. Bake 30 minutes. Pour off juices. Combine brown sugar and remaining 2 tablespoons bread crumbs; sprinkle over top. Bake 30 minutes. Let stand 5 to 10 minutes before removing from pan. Makes 8 servings, 400 calories each.

To microwave: Prepare loaf as above. Pack into an 8½x4½-inch microwaveproof loaf pan. Microwave on High 10 minutes, rotating pan once. Pour off juices. Combine remaining 2 tablespoons brown sugar and bread crumbs; sprinkle over top. Microwave on Medium 10 to 12 minutes, rotating pan once, or until internal temperature reaches 160°F. Let stand 5 to 10 minutes before removing from pan.

CLASSIC MEAT LOAF

Simple enough to feed the kids, this glazed loaf makes a delicious entree when company comes to dinner.

- 2 pounds ground beef chuck
- ½ cup grated onion
- 1 garlic clove, pressed
- 2 tablespoons chopped parsley
- ⅓ cup ketchup
- 1 cup fresh bread crumbs
- 1 egg, lightly beaten
- ¼ cup milk
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

Basting Sauce

- 1 tablespoon ketchup
- 1 tablespoon molasses
- 1 teaspoon brown sugar
- 2 teaspoons Dijon mustard
- Pinch crushed red pepper flakes
- 1 small garlic clove, pressed

Preheat oven to 350°F. In large bowl combine all ingredients except those for basting sauce; mix well. Pack into an 8½x4½-inch loaf pan. Bake 50 minutes. Pour off juices. Brush with basting sauce; bake 10 minutes. Let stand 5 minutes before removing from pan. Makes 8 servings, 260 calories each.

Basting Sauce: In small bowl combine all ingredients.

To microwave: Prepare loaf as above, adding an additional ½ cup bread crumbs. Spoon into an 8½x4½-inch microwaveproof loaf pan. Microwave on High 10 minutes, rotating pan once. Pour off juices. Brush with basting sauce. Microwave on Medium 10 to 12 minutes, until internal temperature reaches 145°F. to 150°F. Let stand 5 to 10 minutes before removing from pan.

PIQUANT HAM LOAF

Juicy ham and pork join forces in this loaf, whose flavor is complemented by a tangy orange juice–mustard topping.

- 1 pound cooked ham, cut into pieces
- 1 pound lean ground pork
- ½ cup finely chopped onion
- ½ cup fresh bread crumbs
- 2 eggs, lightly beaten
- ½ cup orange juice
- 2 tablespoons chopped parsley
- ½ teaspoon dry mustard

Topping

- ¼ cup orange juice
- 2 tablespoons dark brown sugar
- 1 tablespoon Dijon mustard

Preheat oven to 350°F. In food processor with steel blade grind ham. Add pork and process until combined.

In medium bowl combine meats with remaining ingredients except those for topping; mix well. Pack into 8½x4½-inch loaf pan. Bake 45 minutes. Pour off juices. Spoon topping over ham loaf. Bake 45 minutes more. Let stand 10 to 15 minutes before removing from pan. Makes 8 servings, about 225 calories each.

Topping: In small bowl combine all ingredients.

To microwave: Prepare loaf as above. Pack into an 8½x4½-inch microwaveproof loaf pan. Microwave on High 10 minutes, rotating pan once. Pour off juices. Spoon on topping. Microwave on Medium 10 to 12 minutes, rotating pan once, or until internal temperature reaches 160°F. Let stand 5 to 10 minutes before removing from pan.

TEX-MEX LOAF

This untraditional loaf sports a hominy and cheese filling laced with jalapeños.

- 1 can (16 oz.) golden hominy, drained
- ¾ cup shredded Monterey jack cheese (about 3 oz.)
- ½ cup shredded Cheddar cheese (about 2 oz.)
- ¾ teaspoon oregano, divided
- 1 tablespoon butter or margarine
- 1 cup minced onions
- 2 tablespoons minced jalapeño peppers
- 1 teaspoon minced garlic
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 1½ pounds ground beef
- ½ cup finely crushed plain tortilla chips
- ½ cup fresh bread crumbs
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- 1 egg, lightly beaten
- ¾ cup milk
- Salsa or taco sauce (optional)

In food processor with steel blade puree half the hominy. In medium bowl combine whole and pureed hominy with cheeses and ¼ teaspoon oregano.

Preheat oven to 350°F. In small skillet melt butter or margarine over medium heat. Add onions, jalapeño peppers, garlic, cumin, chili powder and remaining ½ teaspoon oregano. Saute until onions are translucent. Transfer to large bowl. Add remaining ingredients except salsa; mix well.

On sheet of wax paper pat into a 13x8½-inch rectangle. Spread evenly with hominy mixture. Starting at short side, roll up jelly-roll fashion, using wax paper to lift. Transfer seam side down to ungreased jelly-roll pan. Smooth edges to seal with small spatula. Bake 45 minutes. Pour off juices. Let stand 5 to 10 minutes before slicing. Serve with salsa. Makes 6 servings, about 425 calories each.

INDIVIDUAL GREEK MEAT LOAVES

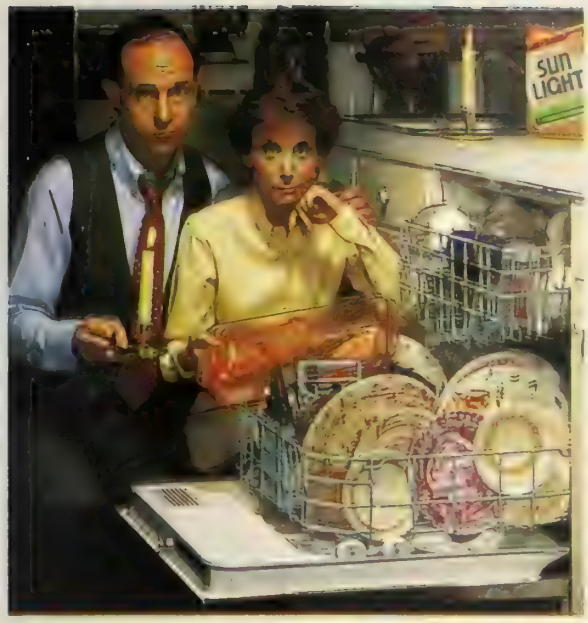
Ground beef and lamb teamed with eggplant and spices create such an authentic taste, you'll swear you're sitting in a taverna.

- 1 eggplant (2 lbs.)
- 4 teaspoons salad oil, divided
- 1 cup chopped onions
- 2 large garlic cloves, chopped
- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- ¼ cup beef broth
- 3 tablespoons tomato paste
- ¼ cup pine nuts (pignoli)
- 1 pound ground lamb shoulder
- 1 pound lean ground beef
- 2 tablespoons chopped parsley
- 2 eggs, lightly beaten
- 2 teaspoons salt
- ½ teaspoon freshly ground pepper
- 1 cup fresh bread crumbs

Tomato Sauce

- 1 tablespoon salad oil
- ½ cup chopped onion
- 1 garlic clove, chopped
- Pinch oregano, crushed
- 1 can (16 oz.) crushed tomatoes
- Salt and freshly ground pepper

Preheat oven to 400°F. Prick eggplant with a fork and rub with 1 teaspoon oil. Bake on foil-covered baking sheet 40 minutes; cool. Reduce *(continued)*



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MARVELOUS MEAT LOAF
continued

oven temperature to 350°F.

In medium skillet heat remaining 1 tablespoon oil. Add onions and garlic; saute 5 minutes or until onion is translucent. Stir in cinnamon and allspice. Add beef broth and tomato paste. Cook until just thickened; cool. In small skillet toast pine nuts over medium heat 3 minutes or until golden. Cool; set aside.

Cut eggplant in half. Carefully remove pulp, leaving 2 whole pieces of skin. Set skin aside. Cut eggplant pulp into ½-inch pieces.

In large bowl combine lamb and beef. Add onion mixture, pine nuts, parsley, eggs, salt and pepper; mix thoroughly. Add bread crumbs and cut up eggplant.

Cut eggplant skin into rounds to fit bottoms of six 1-cup ovenproof baking dishes. Place rounds shiny side down in dishes. Divide meat filling among dishes, pressing down lightly with a spatula. Place dishes in roasting pan and bake 45 minutes. Pour off juices. Let stand 5 minutes before removing from dishes. Spoon ½ cup tomato sauce on each of 6 serving plates. Top with meat loaves. Makes 6 servings, about 520 calories each with sauce.

Tomato Sauce: Meanwhile, in small saucepan heat oil. Add onion and garlic; saute 5 minutes or until onion is translucent. Stir in oregano and tomatoes. Reduce heat; cover and simmer 20 minutes. Season with salt and pepper.

VEAL LOAF WITH SPINACH

This loaf is fabulous hot—and served at room temperature it's a classic French terrine.

- 1 tablespoon butter or margarine
- 1 cup minced onions
- 1 small garlic clove, minced
- Large pinch nutmeg
- 8 cups densely packed spinach leaves
- 1½ pounds twice-ground veal
- ½ cup dry bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon salt
- ½ cup heavy or whipping cream
- 1 egg, lightly beaten
- ½ teaspoon freshly ground pepper

Preheat oven to 350°F. In small skillet melt butter or margarine over medium heat. Add onions, garlic and nutmeg; saute until onions are translucent. In large saucepan combine spinach with 2 tablespoons water; cook covered over high heat 4 minutes or until tender. Drain and cool. Squeeze to extract as much liquid as possible. Chop coarsely.

In large bowl combine onion mixture, spinach and remaining ingredients; mix well. Pack into an 8½x4½-inch loaf pan. Bake 1 hour. Pour off juices. Let stand 5 to 10 minutes before removing from pan. Serve hot or at room temperature. Makes 6 servings, about 355 calories each.

To microwave: In small microwaveproof dish melt butter or margarine on High 30 seconds. Add onions, garlic and nutmeg. Cover with plastic wrap and microwave on High 3 minutes. In 3-quart microwaveproof bowl cook spinach covered with plastic wrap on High 4 minutes. Let stand 3 minutes. Drain and cool. Squeeze to extract as much liquid as possible. Chop coarsely. Prepare loaf as above. Pack into an 8½x4½-inch microwaveproof loaf pan. Microwave on High 10 minutes, rotating pan once. Pour off juices. Microwave on Medium 8 to 10 minutes, rotating pan once. Pour off juices. Let stand 5 to 10 minutes before removing from pan.

SWEDISH MEATBALL RING

Creamy noodles tossed with dill add an attractive touch.

- ½ pound ground beef
- ½ pound ground pork
- ½ pound ground veal
- ½ cup grated onion
- 2 slices bread, crusts removed, soaked in ⅓ cup milk and mashed
- ¼ cup sour cream
- 2 eggs
- ¼ cup chopped fresh dill or 2 teaspoons dillweed
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ⅛ teaspoon nutmeg
- Pinch allspice

Noodles

- 8 ounces egg noodles
- ½ cup frozen peas
- 2 tablespoons butter or margarine
- ½ cup sour cream
- 2 tablespoons chopped fresh dill or ½ teaspoon dillweed
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Preheat oven to 350°F. In large bowl combine all ingredients except noodles. Pack into a 4- to 6-cup ring mold. Bake 45 minutes. Pour off juices. Let stand 5 minutes before removing from mold.

Noodles: Meanwhile, cook noodles and peas according to package directions. In large bowl toss together with remaining ingredients. Spoon mixture into center of meat ring. Makes 6 servings, about 500 calories each.

To microwave: Prepare loaf and noodles as above. Spoon meat into a 4- to 6-cup microwave ring mold. Microwave on High 10 minutes, rotating pan once. Pour off juices. Microwave on Medium 8 minutes, rotating pan once. Let stand 5 to 10 minutes before removing from mold. Serve with noodles. **End**

Journal Shopping Center

DYNAMIC DUO
Page 93: Left: bracelets, Tonic Creations. White sweater: earrings, Detail Accessories International. Right: scarf, Hermès; sunglasses, Alain Mikli.
BEDROOMS FOR TWO
Pages 120-121: Designed by Richard L. Ridge for Richard L. Ridge Interior Design, 903 Park Ave., NYC 10021. "Karaman" design silk dhurrie from Rosecore Carpet Co., Inc.,* 979 Third Ave., NYC 10022, 212-421-7272. White and lavender bed linens from Pratesi, 829 Madison Ave., NYC 10021. 18th-century Italian botanicals and bird watercolors from Nicholas Antiques*, 979 Third Ave., NYC 10022. Striped mohair throw from Woolworks, Inc., 838 Madison Ave., NYC 10021, 212-861-8700. Fabric for bedspread, headboard and balloon shades from Clarence House. Night table and lamps from Karl Springer, Ltd.,* 306 E. 61st St., NYC 10021.
Pages 122-123: Carpet of Du Pont Antron® Plus nylon by Karastan, Classique "Buttermilk Sky". "Mirage" glazed chintz fabric for balloon shades and dust ruffle by Brunschwig & Fils.* Balloon shades gathered on rod, McCall Patterns, #8918, (includes 12 window treatments) and dust ruffle, McCall Patterns, #8959, from McCall's Home Center, McCall Patterns, P.O. Box 9119, Manhattan, KS, 66502. "Dauphin" complete bedding ensemble from The Court of Versailles Collection by Cannon Mills, 1271 Ave. of the Americas, NYC 10020. Queen-size caned walnut headboard #5265, and mattress from Avery Boardman Ltd., Head-bed division.* Oil paintings by Roger Mühl from David Findlay Galleries, 984 Madison Ave., NYC 10021. Writing desk: an authentic reproduction of Balzac's desk, special edition limited and numbered series, by Grange Furniture, Inc.,* 200 Lexington Ave., NYC 10016. Brass lamp on desk and lamps beside bed from Paul Hanson, 610 Commercial Ave., Carlstadt, NJ 07072, 201-933-4873. White "Bergère" chair with fruitwood frame (P982) and "Hepplewhite" window seat at foot of bed (P6146) from KPS, Inc.,* 200 Lexington Ave., NYC 10016. **Inset, top left:** "Isis" night table and green "Narcissus" occasional table from Circa David Barrett, Ltd.,* 979 Third Ave., NYC 10022 Needlepoint pillows and mohair throw from Woolworks, Inc. *Through decorators.

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"Crisco makes eatin' right... right good eatin'."

Tomato-Cheese Pie

Pastry:

- 1-1/3 cups sifted all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup Crisco Shortening
- 3 tablespoons water

Preheat oven to 425°F. Sift flour before measuring; spoon lightly into measuring cup and level without shaking or packing down. Combine flour and salt in a mixing bowl. Cut in Crisco with pastry blender or 2 knives until mixture is uniform. Mixture should be fairly coarse.

Sprinkle with water, 1 tablespoon at a time; toss lightly with fork. When all water has been added, work dough into a firm ball. On a lightly floured surface, press dough into a flat circle with smooth edges, roll dough to a circle 1/8 inch thick and about 1-1/2 inches larger than inverted 9" pie plate.

Gently ease dough into the pie plate, being careful not to stretch the dough. Trim 1/2 inch beyond edge of pie plate. Fold under to make double thickness around rim. Flute edge of pastry as desired. Prick bottom and sides of shell with fork. Bake 425°F for 10 to 15 minutes or until lightly browned.

Filling:

- 1 cup grated cheddar cheese (about 4 oz.)
- 1 cup grated mozzarella cheese (about 4 oz.)
- 1 cup ricotta cheese
- 1/4 lb. mushrooms, sliced and sautéed
- 2 Tbls. chopped onion
- 1/4 cup canned salmon, drained and flaked
- 3-4 medium size ripe tomatoes, sliced in thin wedges
- 1 tsp. basil, crumbled
- 1 tsp. leaf oregano, crumbled
- 1/4 cup chopped green onions
- Salt and pepper

Reduce oven temperature to 325°F. Combine cheddar, mozzarella, ricotta, chopped onions, mushrooms and salmon; spoon into baked pie shell. Arrange tomato wedges in tightly overlapping circular pattern over filling. Sprinkle with herbs, chopped green onions, salt and pepper. Bake at 325°F for 20 minutes. Cool 15 minutes before cutting.

6-8 servings



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Loretta Lynn



CAROL BURNETT

continued from page 114

in the apartment, and I would tell him about my family, and he found them fascinating. Peter was especially interested in how different my moods were depending on the story I was telling. Finally he said, 'You know, you ought to write this down.' He could tell that I had mixed emotions about my parents, both of whom were alcoholics, and he thought a book would be a good way for me to understand what I was feeling."

After finishing a large portion of the book, Carol decided to seek a publisher—but for a most unusual reason. She felt that her family would make terrific subjects for a movie and knew that the best way to get a movie financed is to have it based on a best-seller. Much to her delight, Random House agreed to publish her book even though it lacks the kinds of anecdotes that dominate most celebrity autobiographies: tawdry tales of stars, money and sex. Unlike tell-all celebrity authors, Carol is delightfully homespun—her stories about the industry are, she half-apologizes, "G-rated. Not even PG." However, *This Time Together* is so deeply personal and touching that readers are not likely to mind.

Besides, Carol is simply not the type of person to kiss and tell. "I don't like to talk about my friends or the people I work with," she says. "Stars are already public property in a way, and we do a mutual disservice when we put each other under the microscope." She is particularly critical of the way stars have been exploited by the press, especially by the trend of printing nude photos of such celebrities as Vanessa Williams, Madonna and Sylvester Stallone.

"It's no one's business why they posed for those pictures," she declares. "We all do things out of ignorance or circumstance or misplaced trust, and the decent thing for people to do is let the past remain in the past. There's no reason, oth than to make a buck, that any of those pictures should ha seen the light of day." However, with a playful smile, Car confesses that if someone *had* "stuck a nude spread of Sy vester Stallone under my nose, I might have taken gander." And she adds that the press will never learn th *she* did nude pictures in her youth, explaining, "I've alwa felt there's enough violence in the world without me takir my clothes off!"

If the book isn't the all-too-common gossipy type of Ho lywood saga, what is it? Carol says it's an autobiography only the first half of her life, covering the years before *T Carol Burnett Show*. Once she started the series, she say "I was in a cocoon for eleven years; the cast and crew we the people I spent the most time with, and the studio w my home. It wasn't exactly a time of great personal growth

Fortunately, Carol has a "super memory, and when started to put things down I had no trouble rememberi everything—from conversations to what I wore on my birt days to dreams I had. I'm really blessed that way." S smiles. "Or maybe it's a curse, because I'd wake up in t middle of the night remembering some little thing and h to write it down. I finally kept a tape recorder beside my be because I'm not at my best at three A.M., and when I'd wake the next morning I couldn't read what I'd scribbled."

As it turns out, Feibleman was right. The book was t perfect therapy. "I recommend it for anyone," Carol say "When I started, I went through a period of not liking n folks very much, and resenting them because we were together as much as we should have been and because t quality of that time together usually wasn't very good."

Both Carol's parents died of alcohol-related illness the age of forty-six, and though her mother had lived in t same building, Carol had stayed away from her because s was afraid of her temper and frequent insensitivity. Caro voice is a little steely as she talks about her mother, but t edge vanishes when she talks about her father, who lived nearby Santa Monica and spent most of his adult life tryi to hold down a job.

"I'd been told by my mom's side of the family that he w completely worthless in that he didn't provide," says Car "But when I was writing the book, I thought about the tim we had together when he was sober, and I realized that was a pretty terrific guy. He was a lot like Jimmy Stewa He laughed a lot and he loved me and was open with h affection. I'm a lot like him. I guess I never really unde stood that until I cut away the disappointment and t bitter memories."

Carol's eyes mist over, as they often do when she tal about her father. After a silence, she takes a deep breath.

"You know, the wonderful thing is, now that I'm near finished with the book, I've managed to let a lot of n resentment go. I really love my parents—God, I do. I' come to realize that they did the best they could and th were truly good people."

Because of the strong feelings her parents still inspire her, Carol finds it easier to talk about another main chara ter in her book: the grandmother who raised her on reli funds, Mae White, whom she signaled at the end of each T show by tugging her ear.

"My grandmother comes across as a wonderful eccentr in the book. She was the kind of woman who could be ve practical—like buying me shoes that were too large so grow into them. But she was also sort of . . . footloose a made it possible for me to have *lots* of grandfathers duri our years together. In fact, the last one was forty-two yea younger than she was."

Despite Carol's reluctance to discuss her peers, she *do* consent to talk about Elizabeth Taylor, with whom she b came close when they made the HBO movie *Betwe*



DUNCAN HINES BLUEBERRY MUFFINS
TASTE VERY MOIST AND DELICIOUS.

Moist, Delicious



"Bless his heart, he went through so much! When you talk about moral judgments in this country, let's get back to the basics. It's a cliché, but 'Judge not, lest ye be judged.' We're all human beings, and people *do* get into trouble; we're born to help each other, not isolate ourselves or sit in judgment. I didn't *care* about Rock's sexuality, and neither should anyone else. When you think of all the entertainment he gave the public over thirty years—all the dreams and fantasies, the love and laughter—that's all that matters. Why doesn't anybody talk about *that*?"

One subject Carol admits great reluctance to talking about is sex. "That's something women of my generation don't discuss as a rule," she concedes. However, once she begins talking about the kind of man she finds sexy, Carol quickly warms to the topic.

"Sexy, to me, is smart with a sense of humor," she says, "because with humor comes heart. A man's looks actually have very little to do with sex appeal, as far as I'm concerned. I would rather be with Woody Allen than Mr. America any day. Woody Allen is very sexy. And so, for that matter, is Tom Selleck, who has great looks but has also taken the time to get smart and be funny. I really admire that in him. A lot of people would think, I don't have to be a well-rounded person. Look at my face.

"Cary Grant," she continues, "is also very sexy, to the extent that it's drop-dead time. He's just as wonderful in person as he is on the screen—like a magnet, oozing charisma. David Niven had that, too."

Other men she singles out as "incredibly sexy" are Christopher Walken ("When I saw him dance in *Pennies from Heaven*—God, that was sexy!"), Henry Cisneros, the mayor of her hometown of San Antonio, Texas ("The way he deals with the employees, and the way they feel about him—that's sexy"), and, currently at the very top of her list, *(continued)*

ends, in 1983. Elizabeth is one of Carol's favorite people, l the comedienne says the public doesn't really know w terrific" she is despite the reams of articles that have n published about her.

Elizabeth is a woman of extraordinary humor and intel-nce," Carol says, adding that those qualities are a big t of the reason she has outlasted so many of her contem-aries as a major international star. "The way she looks sn't hurt, but there have been a lot of people born with ious looks who haven't survived the way Elizabeth has. fact, Elizabeth seems very unaware of her beauty. She sn't make a fuss about it at all.

But humor—that's very important to her, that's the key. has a gutsy laugh and great repartee; she'll pick up on a and run with it. Not that she plays 'Can you top this,' ause she doesn't. She doesn't want to be an emcee, be-se she loves to laugh, too. She's just a lot of *fun*." Carol s thoughtfully, "I think some of this joie de vivre may ie from the fact that she's been close to death. I think that uld tend to contribute to most people's sense of life, of wing how to enjoy life."

arol freely admits that she wishes she had some of zabeth's devil-may-care attitude and laughs uproariously en she thinks of how, in *Between Friends*, "I was the one had all the boyfriends while Elizabeth was holed up in house."

ut Carol's normally perky voice falls to a quiet mono-e when the conversation turns to her close friend Rock dson, who died last October 2 of AIDS. Ask her, for mple, about the sensational press the actor received en his disease became public knowledge. The long jaw chin set sternly, the arched brows rise, and she's ready hampion her dear friend until she's hoarse.



WHAT A GREAT DISAPPEARING ACT.

Moist, Delicious



the famed test pilot Chuck Yeager.

"Mrs. Yeager is going to kill me," Carol says, laughing, "but Carrie [Carol's oldest daughter] and I were his dates at a Kennedy Center event, and he's the cutest thing! We fought over him. He's witty and charming and down-to-earth. And he was the man with the courage to break the sound barrier, which is sexy. Lord, is that sexy! I'm crazy about him, and it's a miracle I didn't grab him or anything!"

But the truth is, says Carol a bit wistfully, despite her newfound openness, "I look more than I touch, and probably always will."

Recently, however, Carol has acquired a new attitude toward sex, not only because she isn't committed to one partner—she describes the relationship with Feibleman as "a one-day-at-a-timer"—but also because "I'm simply not the same person I was when I was married. And as your perception of yourself changes, the way you do things and *feel* things also changes. That isn't only true about what you do in private, but what you do in public as well."

Asked what she would do today that she wouldn't have done when she was younger, Carol says that if she saw a man she liked, there's a good chance she'd go after him. "I'd probably ask him out for dinner or to a party—which would be very, very bold for me, given my generation. Or I'd ask for his phone number, although," she admits, "if he told me, 'I'm changing my number,' I don't think I'd push it.

"Nor would a man's age have anything to do with whether I asked him out. Not the way it would have at one time." She laughs. "If I met a seventeen-year-old, God willing... Seriously, if a couple is happy together, that's all that's important. I think Mary Tyler Moore was very courageous in this area. I honestly don't think it occurred to her to worry about what people would think if she married a thirty-year-old heart surgeon, and good for her! And him!"

Yet as important as Carol's own growth has been to her, nothing makes her quite so happy as talking about the budding acting career of her twenty-two-year-old daughter, Carrie Hamilton. After a much-publicized bout with drugs, the effervescent Carrie has rebounded completely. Tall and slender, with fashionably spiky black hair and a luminous smile, Carrie has an abundance of drive, personality and energy. She barges into one of the interview sessions, throws her feet up on the sofa, lights a cigarette and boldly answers questions posed to her mother until even Carol is forced to remark, "Honey, he was asking *me*."

However, it's clear that Carrie is a source of great pride and pleasure for Carol. The two women joke with each other, drool over the same men, go together regularly to shows and dinner and, when they're apart, talk constantly on the telephone. Prominently displayed on the videocassette shelf in mom's living room is a tape labeled *Carrie's Ego Reel*, on which Carol has dutifully recorded every role Carrie has played in made-for-TV movies and on TV shows, including six episodes of the syndicated series *Fame*.

About the only part that would *not* find its way onto the cassette is a nude scene. "Context, schmontext," Carol says of baring all for one's art. "Let 'em use someone else's body, or shoot her in shadows. That's a mother talking, not an actress—but she's talking *loud*."

Carol is no less devoted to her other

> *"A man's age would not have anything to do with whether I asked him out. If a couple is happy, that's what's important."*

daughters, nineteen-year-old Jody and seventeen-year-old Erin, both of whom are still in school. One reason Carol feels she has such a great rapport with her girls is that they're all single, are involved in careers or studies that are new to them and are still learning about life. "We're discovering things together," she says, "and while it isn't exactly a case of 'us against the world,' the challenges and new experiences make us huddle a little closer."

For Carol, this new learning comes not only from meeting new people and writing her autobiography, but also from spending more time alone and doing the kind of reading she hasn't done before. Carol has never bothered with popular fiction by the likes of Sidney Sheldon or Jackie Collins, but now she's consuming classics old and new with a passion. Among the books she's read recently are Dostoevski's *The Insulted and Injured* ("Not one of his best," she boldly critiques) and *The Idiot* ("I loved it, but I wish the characters had names like Joe and Mary") Russell Baker's *Growing Up* ("I was hoping some of his articulateness would rub off"), and even *One Hundred Great Operas and Their Stories* ("It was given to me by Beverly Sills's mother so I figured, 'What the heck?'").

Now that she is near the end of her own book, Carol is beginning to look toward her next goal. She wants a fresh environment and is going to spend at least several months at her apartment in Los Angeles, return to her one-bedroom apartment in New York (where she's been staying recently), and then scour the nation to find "a country cottage in which to settle down. I've moved so often in the last few years that I can name that suitcase in two notes! It's time to put down roots."

But Carol's plans for putting down roots do not include marriage. She refuses to predict how the romance with Feibleman will end up and acknowledges that she wouldn't restrain herself from dating other men should she have the opportunity.

"If I met someone I like and it might be serious, I'd be honor-bound to tell Peter, though maybe not if I just went out to dinner," Carol says. "You see, one thing I've learned is that if you start hanging on to someone out of guilt or sentiment, you start resenting the person even if he hasn't done anything. And he's going to sense it. It's better to be honest."

In any case, having been married and divorced twice (the first time to actor Don Saroyan, a cousin of the writer, William), Carol frankly admits she's reluctant to return to marriage.

"When I was in my twenties, it was drummed into all of us that you must be married, have a family, do all of these things. You weren't complete unless you did. I'm not saying it was entirely wrong; I wanted all of that and I got all of that. But now my main goal is to keep on working, to keep busy. I'm reading scripts for future film projects, and I've been discussing the possibility of doing *Beyond Therapy* with Robert Altman [who also directed her in *A Wedding* and *Health*]. I want to be the kind of lady who has her kids calling and saying 'Why haven't you called me lately?' not vice versa.

"I also like having my own space," she confides. "I like being able to pack up and move and go." Which, she stresses again, isn't a knock against marriage. Carol says that for her, freedom isn't necessarily being without a man, but "letting go of trying to be manipulative, not needing to be in control of things. Freedom," she sums it up, "is being happy." **E**



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continued from page 72

of security when children see both parents put them to bed."

Jagger feels that his own experiences, particularly in the music world, are valuable in bringing up his children and dealing with the problems of drugs. "I can say, 'Look what I've done, and look at all these people around me who have died from drugs.' I can tell them from my experience that this is good, this is bad, you can take this, or leave that. Of course, I *can't* make them *do* things."

All this talk of children and parenthood from a man who is still very much a fixture in the youth-oriented rock world; does it make him feel old?

"Well," says Jagger, "I don't know anyone who's forty who wouldn't rather be twenty. But there isn't much you can do about it."

So how old can a rock star be, how long can a performer survive the inhuman hours and grueling stage acrobatics?

"A lot of people really do last until forty, apparently," jokes Jagger, who turned forty-two last July. "There are people who *are* that old. I suppose every time you have a birthday, you're glad that you're having a good time and that you're alive."

But when asked if he feels he's now living a conventional life, Jagger gets a bit defensive. "No, I'm certainly not being conventional. I'm not worried about a car payment, and I don't worry about a mortgage, because I paid that off a few years ago.

"But settling down? The image of settling down that's portrayed on dog-food ads on TV? Where the dog and the two children come down to their family, eat their cereal and then they all decide what kind of dog food Fido's going to get . . . that's not really settling down. Settling down is just a mental state in your heart or your soul, settling down to what you want to do in your life."

Downtown boy makes good

Singer/songwriter/pianist Billy Joel spent years waiting for his big break, but now he's firmly established on top, with nine of his ten albums having gone platinum, and his concerts standing-room-only affairs. Joel, who has won five Grammy Awards, was married this year to supermodel Christie Brinkley. Now, says Joel, he cares more about having a family and being in love than anything, except his music.

"I want to stay married for the rest of my life," says Joel, whose first marriage ended in divorce. "I'm one of those guys who wants to be married and get old together and have grandchildren and sit in the backyard with my cane and put orange peels in my mouth, like Marlon Brando in *The Godfather*. You know, like 'Grandpa, Grandpa, tell us a story about rock and roll.' " (The Joels are already starting a family. At the time we went to press, Christie Brinkley was seven months pregnant with the couple's first child.)

Christie has made Billy Joel bloom. He still seems as though he can't quite believe his good luck at finding her, and if anything, his romantic ballads (such as "Just the Way You Are") should be even more romantic in the future.

Billy Joel's desire for a happy, stable marriage no doubt has its roots in his own background—his mother raised him and his sister, Judy, after Billy's father left them when Billy was seven years old.

Before he married Christie, Joel was quite aware that women who wanted to meet him might have ulterior motives. Billy said, "With me, that kind of got stopped from the very start. They found out that I want to go home and cook. I'm not the jet-set kind of guy. I don't live the high life. So anyone who was looking for that got disillusioned pretty quickly. I don't fly in my Lear jet to Acapulco. I do pretty common things; I'm not Mr. Excitement."

> "I don't want to be known as John Denver nice . . . though I don't know him or want to offend him," says Phil Collins.

Joel is down-to-earth and even now seems awed by his success. "It still is all fun to me," he says. "I don't have a big house, but I wouldn't have been able to buy the one I have before. It's on the old-money part of Long Island . . . and I live there. As far as the other people who live there are concerned, I'm probably rock-and-roll trash. But that's what makes it fun. I'm living there, and I don't belong there.

"It's like riding in the back of a limousine," he adds. "I don't belong in the back of a limousine. A Wall Street stockbroker with a three-piece suit reading *The Wall Street Journal*, he belongs in the back of a limousine. Me, I'm sitting there with my Pink Floyd T shirt, jeans and a can of beer with the windows rolled down and the music blasting, sticking my head out of the window, waving at cars. 'Hey, look at me, I'm in a limousine.' And that's what makes it fun. If you start getting used to that stuff, that's when it gets strange, when you take it for granted."

Mr. Nice Guy

Phil Collins has managed to juggle two music careers successfully. As drummer and lead singer of the British group Genesis, he's sold millions of albums. But more important, on his own he's had huge hit singles ("One More Night," "Sussudio," "In the Air Tonight" and the Grammy-winning "Against All Odds") and has headlined solo tours.

Yet this self-confessed workaholic and fifteen-year rock veteran takes every summer off to be with his children (Simon, nine, and Joely, thirteen, from his first marriage). Summers, he says, are sacred. And rather than choosing to live in a rock and roll capital such as London or New York, Collins and his second wife live in West Sussex, England, where the star is happy doing such ordinary things as washing the dinner dishes and scrubbing the floor.

When Phil Collins starts talking, it doesn't take long for him to bring up the subject of family. Growing up in the suburbs of London, Collins was the only of three children his mother, an agent, guided into acting. He's still close to his family, including his brother, Clive (a cartoonist), and his sister Carole (like their mother, a theatrical agent). And it was his feeling of the importance of family that caused him to be bitter when his first marriage broke up, in 1979.

"What really upset me when my first marriage broke up was that my son might not have a dad the way I had dad," says Collins. "I had a father who was there throughout my whole life until he died ten years ago. And I knew that my son, Simon, wouldn't have that relationship, and I felt it was a crying shame because I love the boy and I love my daughter. So now I make sure that I don't do anything else when they're around. I'm totally with them, whether it's the summers or Christmastime when they come to visit."

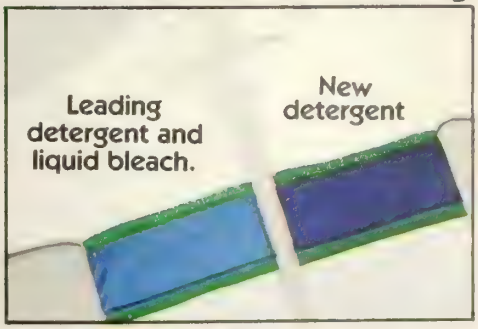
Collins didn't always make his family a priority. "At the beginning of 1978 Genesis was struggling to make it in America," he explains. "We were big in Britain but not in the States, and we just decided, 'Right, we're going to go everywhere in America and play.' And my wife said, 'Well, if you do that with the band, I won't be here at the end of the year, because I can't (continued

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ınd being here that length of time on
/ own with two kids.' She had to stay
me and take care of them and take
ɜm to school, with me ringing in once a
y or every other day from Cleveland,
ncinnati or New York saying, 'Bear
th me, I'll be back in a couple of months.'
'So, when I came back from the tour,
ɜ had already met someone else who
ɜd and who was there."

Collins's second wife, Jill Tavelman,
American whom he married over a
ar ago, seems to deal better with his
ıedule. "My first wife just didn't un-
rstand what I needed to be happy,"
llins says, "which is work. Jill knows
ɜter than to try and fence me in."

Phil Collins's career has skyrocketed
ɜr the past year; obviously it doesn't
rt him to have a wife who tolerates
schedule.

'People are amazed at how hard I
rk," says Collins, "but I really do
ioy what I do. I'm not particularly
ed, and I think that's a healthy trait
keep. I still have a naive enthusiasm
the whole thing. And people are
prised that I seem so nice. I've done
erviews in which the writers have
ne back and said, 'Look, my editor
ɜsn't believe you're really this nice,
have to show another side of you.'
t if I'm nice, I'm nice. Of course," he
ds with a smile, "I don't want to be
own as John Denver nice, even though
on't know him and wouldn't want to
ɜnd him. There's nice and then
ɜre's syrupy." (In fact, Collins's nice-
y image got a boost last summer,
en he performed at both Live Aid
ıcerts for Africa, one in London and
ɜ in Philadelphia, on the same day.)

How does Collins reconcile his boy-
ɜt-door image with the public's idea of
ock and roll star? "I suppose if you
re around Led Zeppelin or the Rolling
ones in the early days, you might have
n the other side of rock and roll life,"
's Collins. "But mainly, a lot of people
a lot straighter than you'd think
y'd be or they'd even like you to be-
ve. Having kids or being married cer-
nly hasn't affected my music. It's just
atural thing that you write about dif-
ent things as you get older."

The ex-hippie rock star

ıger/songwriter Huey Lewis had
ɜn in the music business for ten
ars before he made it big with his
nd The News. His three albums (the
ɜst recent, *Sports*, is his biggest hit
, including the singles "The Heart of
ck and Roll," "If This Is It" and
eart and Soul") have reached the
ntables of millions of fans. Recently,
songs "The Power of Love" and "Back in Time" from the movie *Back to the Future* have become hits as well. With his model's good looks, cleft chin and standard attire of T-shirts and jackets (which he adopted before *Miami Vice* made it a uniform) his image is more casual chic than punk rock. And indeed, in spite of his stardom, the one word that comes to mind when speaking of Lewis is *normal*.

Huey agrees. "I am a normal kid," says the thirty-five-year-old Lewis, who grew up in Marin County, California. "I didn't come from the ghetto or anything. But I was a beatnik kid. My mother was an artist who was friendly with the poet Allen Ginsberg, my father was a jazz musician, and my mother also was a huge Grateful Dead fan in the sixties. Her first reaction to my music was, 'Well, I don't know, Huey. It's so *commercial*.' "

Lewis, who is married and, with his wife, Sydney, has two young children

> "My mother's first reaction to my music was, "Well, I don't know, Huey. It's so commercial,'" says rocker Huey Lewis.

(daughter Kelly and son Austin), seems proud of his somewhat unconventional background. "We really were a part of that whole San Francisco beatnik scene. My stepfather was a poet named Lew Welch. He was a great poet. And I was a beatnik kid. Now, in some ways I think I'm a backlash to that, to a certain extent. Not just in my music being commercial; before that, I was in engineering school for a few years—I went to Cornell.

"But before Cornell, I took off for Europe and realized that I could exist on my own. I could be my own boss by playing harmonica on the subways. That was a very valuable lesson for me, because I decided then that I didn't want to work for anybody. I just don't. I don't like working for anybody and haven't since I had summer jobs at the age of sixteen."

Lewis has been on the road almost constantly since the success of *Sports*. "I love to play music," he says, "and rock and roll is about touching a nerve. I don't want to get too corny or pretentious here, but I do think that music brings the world closer together, and I think that's what art is about, and I love doing that."

A British country squire

Paul McCartney is part of the other great rock and roll legend (besides the Rolling Stones). As singer/songwriter and bass player of the Beatles, he was responsible for some of the most important popular music ever recorded. Although the group toured only twice in the U.S., they released twenty-five albums and continue to inspire intense admiration. Following the breakup of the Beatles in 1969, McCartney formed Wings, which released ten LPs, and on his own he's recorded six. The most recent is *Give My Regards to Broad Street*, which spawned the hit "No More Lonely Nights."

The boyish-looking McCartney, whose accent still betrays his Liverpool beginnings, is one of the richest men in the world, worth an estimated four hundred million dollars. He's in the *Guinness Book of World Records* as having sold over 100 million albums and 100 million singles. Yet today, Paul McCartney insists he cares more about his kids than his tunes. He makes his home in both Sussex, England, where he has a one-hundred-fifty-acre estate, and on a farm in Kintyre, Scotland, where pheasants, geese and peacocks roam wild.

The lifestyle of an adored rock and roller in the 1960s simply got to him, McCartney explains. And he got tired of waking up in the morning with two half-empty glasses of liquor next to the bed. He recently acknowledged that, "We'd been through a lot, coming through the sixties with all those drugs, and friends dropping like flies. We've reached the stage where we really value life."

Since 1969, Paul has been married to photographer Linda Eastman. They have had three children together, and he has adopted her daughter by a first marriage. "We make a point of being alarmingly normal," he says. "I'm a father, and to me, there's nothing more important."

As for critics who charge that he has gotten too rich or too pastoral to put his career back into overdrive, Paul is answering with a new project. His upcoming album, due out this spring, features a song with Pete Townshend, formerly of the Who, and Phil Collins, who has wanted to work with McCartney for some time. Perhaps, looking at the example of other middle-aged rock stars, Paul has finally changed his attitude that "rock and roll is a young man's game." **End**

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COLOR WONDERFUL

YOUR COLOR TYPE

continued from page 107

medium look? If the answer is yes and you can wear pure white, you are a Light-Bright color type. Even if you have medium brown hair now, you may have had much lighter hair as a child. If you still have the golden glints in your hair and have golden brown-beige skin but are *not* enhanced by pure white, you have Muted coloring.

If you select light because of the light color of your hair and your light to medium-light skin, ask yourself:

- Do I have a gold-on-gold aura about me because of my golden skin and golden blond hair? If the answer is yes and you can wear a lot of pure white, you have Light-Bright coloring.
- Is my hair more ash or beige blond and my skin more ivory or pinkish in cast? If the answer is yes and you can wear a little pure white in a smaller print, you are a Gentle color type.

UNDERSTANDING COLOR

continued from page 107

shade and clarity, the third element of color is value. The lightest values of a color are called pastels. The deepest values are termed dark colors. Those in between are medium-value colors. The picture on the right on page 107 represents three values of red. The blouse on the far right is a barely-there blush, the lightest value of the three, the center blouse is a medium-value red, and the blouse at far left lies somewhere between the two—a rosy pink.

Finally, the fourth key concept in this revolutionary color system is level of contrast. There are three levels of contrast—strong (when the two colors combined are diametrically opposed to each other in terms of their relative lightness and darkness), soft or blended (exactly the opposite of strong contrast, the most obvious example being white combined with light beige or a dark color combined with another equally dark color), and finally a medium level of contrast (neither strong nor soft; for example, a combination of two unrelated medium values, say medium blue-green with medium coral).

MUTED

continued from page 108

strong level of contrast. The multi-colored scarf worn by the model in the large "Muted" picture on page 108 not only picks up the red and blue but also creates a very lively look with the narrow streak of yellow.

Muted color types look good in fabrics with pronounced textures, such as nubby woolens and tweeds, and in small to medium-scale prints, not tiny ones.

GENTLE

continued from page 109

an accent. In general, smooth and slightly textured fabrics, such as silk and combed cottons, are your best choices. You'll look most attractive in tiny to medium-scale prints.

LIGHT-BRIGHT

continued from page 110

colors or light neutrals. Don't combine black with a medium or dark color; the effect will be too heavy.

There are several "nevers" that Light-Brights have to remember: Never wear a dark color with a bright color unless you add a light accent near your face. Do not wear two light colors together unless your hair is dark or unless you add a dark or bright color accent near your face. Finally, don't wear two dark colors together without a light accent near your face.

Except for these "don'ts," almost any combination will work for you. The key concept to remember: Always accent your darker value with light values.

Light-Brights are enhanced by smooth and slightly textured fabrics that have a light and airy appearance. You'll always look great in small- and medium-scale prints, but don't choose prints with a soft level of contrast.

CONTRAST

continued from page 111

hair, you may be able to wear all black letting your skin tone, lipstick and eye makeup provide the contrast.

The important thing to remember when wearing these neutrals or any other color is to keep the level of contrast high. In other words, rust, a dark neutral, will always need to be accented with a light, bright color. Contrast types must create contrast in their color combinations. The strongest combinations are black and white, navy and white, and dark brown and white.

Your Contrast color type imposes restrictions on you in terms of fabric weight or texture, but it's very seldom that you can wear a small print or pattern. A small print will look right only if it has extreme dark-light contrast and is accented by a bright splash of solid color. An example of this would be a dress with small navy-and-white polka dots worn with a red belt. **E**

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"Falling out of love may very well happen because people tend to grow apart spontaneously," says Robert Sternberg, Ph.D., professor of psychology at Yale University, who has researched the dynamics of long-term love. He identifies three components of love—passion, intimacy and commitment—that contribute to romantic relationships, but that take time to evolve.

The physical passion that appears in the first stage of a relationship and draws couples together sexually is only the prelude to a deeper bond. "Passion is a little like coffee: The more we drink, the less effect it seems to have on us," Sternberg explains. In other words, no matter how exciting we find our lover at first, we tend to get used to him. Still, passion remains an important part of loving, an experience we try to recapture—and sometimes do—at different points in the relationship.

While passion tends to peak early in relationships, intimacy—an understanding and sharing of each other's needs, desires and experiences—grows with the years. It's a sense of friendship and the gradual accumulation of life's small and large experiences that give you a special history as lovers and help you maintain feelings of tenderness. Both men and women crave intimacy, Sternberg notes, but it is especially important for women. In fact, many women cannot attain a high level of passion without it.

Finally, there's commitment, the decision to maintain a relationship because of your wishes or sense of duty to your partner. This is usually the last component of a romantic relationship to develop, the result of our passionate and intimate experiences with a mate. But commitment without passion and love is rarely enough to keep a marriage alive, no matter how strong our sense of duty may be.

Why we fall out of love

No matter how much we might wish that our love for our partner would remain as intense as it was at the beginning of our relationship, outside events often conspire to disrupt romantic love and shatter our idealized images of our partner.

For example, a spouse's sudden failure—or success—on the job often affects the marriage. Consider Janine, forty-two, who returned to work as a dress designer after raising three children. After serving as an apprentice with a large manufacturer, Janine opened her own business and became so successful that she began to attract the attention of newspapers and magazines. Suddenly, her husband, Bob, forty-six, a prosperous businessman, began to complain that he hadn't achieved anything unique in *his* career. His depression became so profound that he separated from Janine for several months and sought counseling. Eventually, after coming to terms with his wife's success and the negative feelings he harbored about his own work, Bob reconciled with Janine.

Although career pressures can alter a couple's relationship, children have an even greater impact. In fact, marriage experts say that the birth of a couple's first child traditionally causes a decline in marital satisfaction. "Having children is one of the biggest events that changes the nature of marriage," says Ian Alger, M.D., clinical professor of psychiatry at Albert Einstein College of Medicine and Montefiore Medical Center, in New York City. "Once you're no longer just a bonded couple, you have to be responsible parents. It requires a lot more sacrifice."

> "The real test of a relationship is how you react when disappointment sets in."

Even the experts sometimes have difficulty making the transition into parenthood. The Reverends Barbara and Mel Schlachter, both forty years old, marriage counselors and co-rectors of St. Margaret's Episcopal Church in Staatsburg, New York, experienced some romantic disillusionment after the birth of their first child ten years ago. "After our daughter was born, there was a sense of a loss of our common life together, the realization that suddenly there wasn't going to be the romantic two of us anymore," Mel Schlachter says.

Time also plays a part. Barbara Schlachter says that parenthood presents husbands and wives with so many new duties that their attention is frequently diverted from each other. "When we're very busy we figure our spouse will understand, so we take time away from our relationship. What it does is undercut the foundation of our love," she explains.

Experts have observed that any dr matic change in a couple's life, such relocation or the death of a parent, exer a centrifugal effect on lovers. "Develo mental change in the family can create real rift in the marriage and cause breakdown in communication," sa Betty Paul, L.I.C.S.W., a family therapi from Lexington, Massachusetts, and c author of *A Marital Puzzle* (Gardn Press, 1985). Often it's the unrecognize accumulation of these stresses that wea ens our most intimate relationship.

This was the case with Meredith an Timothy. After years of happily livin together in California, the coup moved back to the East Coast, nea Timothy's family. Within a few month Timothy's father died, and Meredit twenty-seven, gave birth to their fir child. To add to the tension, Meredit decided to quit a political action grou the couple had once enjoyed, becaus she felt that it no longer suited h needs. Before long, Timothy slid into depression. He became withdrawn, r treating behind the newspaper whe Meredith tried to talk to him. He als became very critical of Meredith, an their sex life dwindled. After attendin PAIRS (Practical Application of Int mate Relationship Skills), a marita seminar developed by Lori Heyma Gordon, A.C.S.W., of Falls Church, Vi ginia, Meredith and Timothy were ab to find the source of their trouble. The attribute much of their discord to th clustering of stressful events and the inability to communicate about them.

The PAIRS seminar, which draw upon the work of marital and famil relationship experts, has been co ducted by Gordon for the last eigh years to help couples sustain lovin relationships. Participants attend three-hour class one night a week an one weekend a month for four month taking part in lectures, discussions an exercises. Couples also do homewor and keep personal journals. To promot self-understanding, the seminar begin with an exploration of each individual family history and value system. Cou ples learn how to communicate by sha ing and discussing both negative an positive feelings. They also examin their sexual and sensual desire through a series of exercises that teac them to give each other pleasure wit nonsexual touch. Through these tech niques, couples begin to identify th areas of their individual and collectiv emotional difficulties and establis what each partner needs to be happy i the relationship.

When our mates disappoint us

Often, as Gordon points out, couple discover that there's been an invisibl contract at work in their *(continued*



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relationship. In the case of Meredith and Timothy, Meredith assumed that when she felt dependent (as she did when their first child was born), Timothy would be a pillar of strength. But Timothy, who was already depressed about his father's death and disappointed in his wife's decision to quit their political group, retreated from her emotionally. Meredith's idealized vision of Timothy was shattered. Angered by his inability to fulfill their contract, Meredith began to pick fights with him, which intensified the couple's problems.

Sometimes, it's only after the disappointment is consciously felt by one partner that the terms of the relationship's contract become evident. It's often at this point that the disillusioned mate becomes emotionally distant, leaving the other partner puzzled and alienated. When this happens, the relationship may be in jeopardy. "But if you can talk about your feelings and then listen to your partner talk about his, you can arrive at a different understanding of each other," says Gordon. "With empathy you can regain lost feelings. The real test of a relationship is how each of you reacts when that initial disappointment sets in."

Besides feeling disillusioned when our hidden expectations aren't met, we can also fall out of love when our partners change for what we see as purely selfish reasons. At times like these, we may have to hang on to our sense of commitment and memories of past intimacies to keep the marriage going. If we're lucky, the bad times pass, and we find our way back to a tender relationship.

For twenty-five years, Harriet, a musician, and Curt, a school administrator, enjoyed what appeared to be a storybook marriage. By middle age they'd made a lovely home, raised their son and daughter to successful adulthood, achieved professional recognition in their respective fields and traveled widely. Then, suddenly, Curt began to change radically. He shed his suits for jeans, became increasingly obsessed with sex, started smoking marijuana, took up hang gliding and went off on long, solitary jaunts during school vacations. When an enraged and frightened Harriet demanded an explanation, Curt told her that he was "tired of doing things the same old way."

For the first time in their marriage, Harriet fell out of love and seriously considered divorce. But the memory of the good years they'd spent together kept her from acting impulsively. Instead, Harriet gritted her teeth and put more energy into her work. Gradually, her husband worked through his feelings and amended his radical ways. He is now a more tolerant husband and father and has even brought a new sense of play and adventure into the marriage. "I hate to admit this, but in a way I'm grateful for my husband's crisis because it's made him a broader, more interesting person," Harriet says now.

Ironically, one of the biggest obstacles to marital happiness is the expectation of perfection. "We find that the blissful idea of happily ever after is a very unhelpful image of marriage and a very static view of life," says Mel Schlachter. Inevitably, there are times when a marriage seems desolate. More often than not, that means it's time to rework the old terms or style of a relationship rather than file for divorce. And although reconciliation isn't always possible, marital difficulties do signal the necessity for a new order, one that fits the reality of the situation. That's why the experts tell us that the first step toward falling in love again is to accept your mate's personality and face your situation honestly rather than bemoaning its faults and perpetuating an idealized image of what it should be. This means working toward change but preventing your disappointment in your partner from destroying the good things in your relationship.

> The most critical ingredient is a couple's ability to share their vulnerability with each other.

However, if a couple feel locked into a pattern of behavior or can't understand why they are constantly at each other's throat, professional help may be in order. But this isn't necessary for every couple that have fallen out of love. Often, with a little work and perseverance they can rebuild the relationship by themselves.

At the top of Gordon's list of recommendations for falling in love again is thinking about the qualities you appreciate in your mate and letting him know what they are. A whispered thank-you when he's done something that you might normally take for granted can go a long way toward perking up a marriage that's in the doldrums.

Many of us can also recapture the excitement for each other through talk, introspection and a mutual commitment to change. "Express your complaints about the relationship with requests for change, but phrase them in such a way that your partner can understand what you're telling him without feeling as if you're blaming him," Gordon recommends.

Once you've discussed areas in the relationship that need work, a good way to find love again is to keep doing the things that you've always enjoyed as a couple. "In that way," says Mel Schlachter, "you are still reminded of some of the things that brought you together in the first place."

Cynthia, forty-two, a personnel director for a major corporation, rediscovered her initial attraction to her husband through that very technique. Years before, the couple had met on the ski slopes, where Cynthia had been an instructor and her husband a member of a college ski team. Eventually, they married, obtained conventional office jobs and started a family. The pressures of having small children and careers forced them to give up skiing. Finally, one particularly gray weekend, the couple hired a baby-sitter and headed off to the slopes. Since then, Cynthia and her husband have gone skiing regularly and plan to introduce their children to the sport soon. "It's given our marriage a whole new sense of excitement and reminded me of so many things I'd forgotten about Steve and about how similar we really are!" Cynthia says.

Fueling the flames of passion

Play is equally critical to loving relationships, and experts tell us to be aware of opportunities to re-create romance with our partners. Since passion tends to lose its luster with time, we may have to set the stage deliberately. For instance, why not be a little daring one night and chauffeur your husband to a wooded lake where the two of you can enjoy a moonlight swim. Or announce that you've invited guests to dinner, but when he walks in the door be ready (alone!) in a sexy negligee with candlelight and champagne.

Of course, these techniques will work only if they go beyond the superficial. A critical ingredient that keeps couples in love and helps them to rediscover it is the ability to share their vulnerabilities with each other. Much of this has to do with trusting the other person and being able to admit your own needs and fears, no matter how *(continued*



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2 eggs
½ c. all-purpose flour
½ c. sugar
½ c. firmly packed brown sugar
1 c. butter, melted and cooled to room temperature
One 6-ounce package (1 c.) Nestlé® TOLL HOUSE® Semi-Sweet Chocolate Morsels
1 c. chopped walnuts
One 9-inch unbaked pie shell
Whipped cream or ice cream (optional)

Preheat oven to 325°F. In large bowl, beat eggs until foamy. Add flour, sugar and brown sugar; beat until well blended. Blend in melted butter. Stir in Nestlé® TOLL HOUSE® Semi-Sweet Chocolate Morsels and walnuts. Pour into pie shell.

BAKE at: 325°F. Time: 1 hour

Remove from oven. Serve warm with whipped cream or ice cream. Makes: One 9-inch pie.

Recipe may be doubled. Bake two pies, freeze one for later use.

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Beef Stroganoff

Cut 1½ pounds boneless sirloin or round steak into strips (2"x¾"x⅜"). In large skillet, brown meat in 2 tablespoons butter. Add 1 cup coarsely diced onions; cook until limp. Stir in 1 jar (12 ounces) Heinz HomeStyle Mushroom Gravy, 2 tablespoons red wine (optional), 1 tablespoon tomato paste. Season with salt and pepper. Cover; simmer 10-20 minutes, or until meat is tender. Remove from heat; let stand 10 minutes. Slowly stir in ⅓ cup dairy sour cream. Serve over hot buttered noodles. Sprinkle with chopped parsley. Makes 4-6 servings.



painful or embarrassing they are. Fo example, one woman who'd restraine herself from blowing up at her hus band's consistent lateness for dinner fi nally confronted him with her fear tha he was being unfaithful to her. In th process she revealed her insecurit about her physical attractiveness. Thi discussion enabled her husband to reas sure her of her sex appeal and to under stand what was beneath her anxiety.

It's true that such confessions can b difficult, but the experts stress that it that sense of sharing and revelatio that helped you fall in love in the firs place. Once your mate senses your sin cerity, he'll usually respond in kind Before long, you're sharing intimacie again and growing closer. You may dis cover that your partner is also chang ing over time and that he has admira ble qualities you may have overlooked

Paradoxically, it's change, the sam factor that causes disillusionment wit a mate in the first place, that can set long-term relationship aglow onc again. But the kind of change marriag experts recommend is positive, the typ that inspires a sense of adventure an exploration. A woman who's returne to work, for example, may find she bringing new qualities to the marriage such as a sense of independence or con fidence. This in turn helps her husban see her in a different light. But some times you may have to make an effor to discover these hidden qualities.

One way to do this is for the two o you to develop new interests together— enroll in an art course, try white-wate rafting or take up photography. "It ma not be the same old materials that ar catching fire, but a new fire can start, Alger says. The trick, he adds, is t achieve stability without staleness, t enhance your individual qualitie while sharing life as a couple.

In the end you may actually discove that love with the same man the secon time around is more fulfilling. At it foundation is a sense of respect fo yourself, for your mate and for the diffi cult times you've endured togethe Marriage experts believe that surviv ing trying times adds depth to a rela tionship and strengthens the origina bond. After all, it is this kind of lov that we promise to uphold in our mar riage vows with the phrase "for bette or for worse."

As anyone who's experienced i knows, there's a special magic tha binds people who've fallen in lov again: an acknowledgment of life's eb and flow and an understanding tha love is the closest we can get to huma perfection. En

More news about diet as a defense against cancer.

Cancer research authorities report that eating foods rich in beta-carotene may reduce your risk of some kinds of cancer.

If you follow health and nutrition news, you've probably started hearing a lot about *beta-carotene,* a nutrient found in certain vegetables.

Leading cancer research authorities recommend that you eat two servings a day of vegetables rich in beta-carotene because there is growing evidence that may link these vegetables to a lower incidence of some kinds of cancer.

The vegetables most recommended are carrots, sweet potatoes, winter squash, spinach, broccoli, and Brussels sprouts. *Beans, peas, corn and salad greens like lettuce contain little or no beta-carotene.*

NOTE: The lower incidence of cancer may not be due to the beta-carotene. It may be due to some other beneficial aspect of the vegetables. That's why authorities recommend that you eat the vegetables rather than take a supplement.

But what if you can't?

You may be on a restricted diet, or those vegetables may give you digestive problems. Or maybe you can't convert your family from their present eating habits to eat two servings daily of those vegetables.

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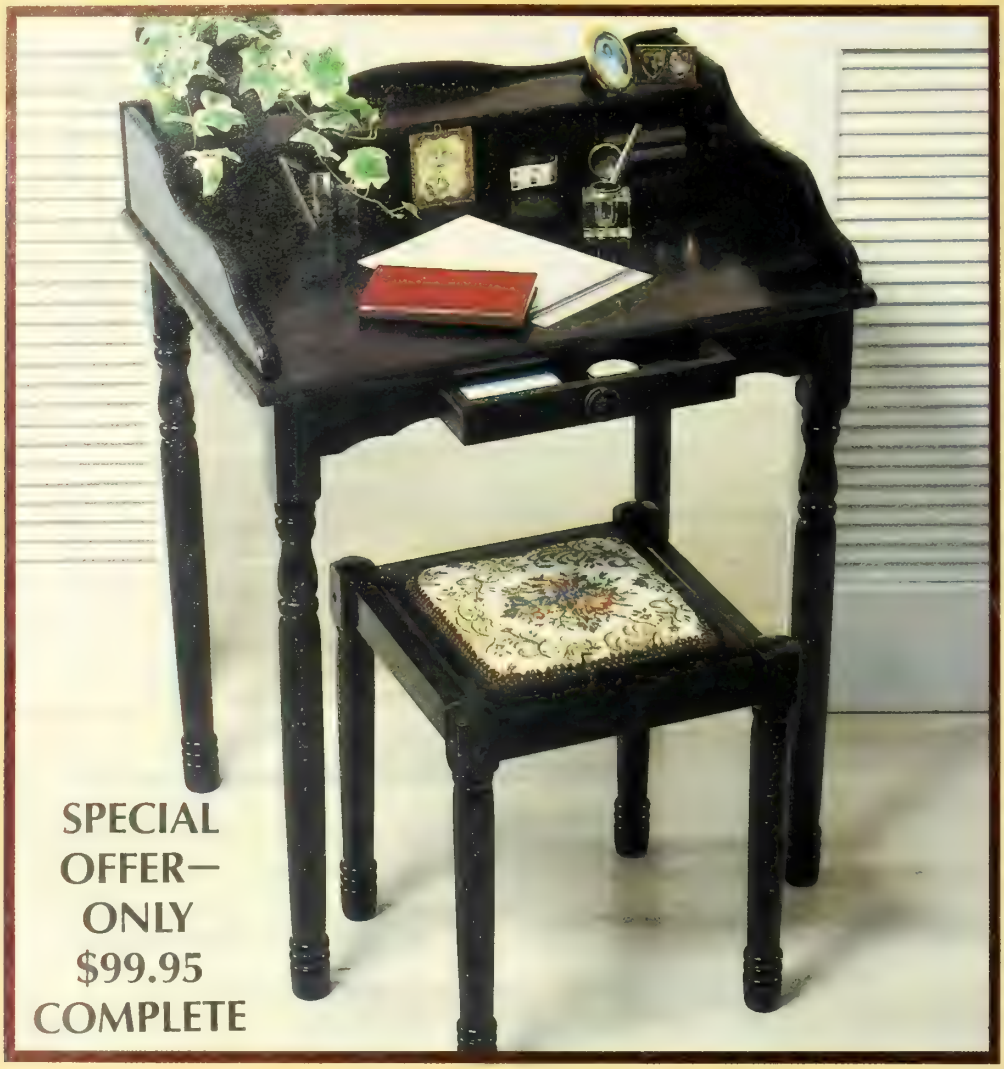
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RCD 47

DOCTOR GOODSEX

continued from page 84

various books. (*First Love: A Young ple's Guide to Sexual Information* e out last fall; her next book, tentaly titled *Loving Couples*, a manual narried adults, is due this summer. 1 are published by Warner Books.) t fall, she also released a video, *Ter- Sex*, in which she explains—while lling in the rain, playing tennis driving a sports car—her ten comdments for sexual satisfaction.

till, success hasn't changed Dr. h much. She continues to enjoy the e friends (anthropologists, psychoapists, sociologists, former stuts) and the same recreations (skidining out, spending weekends at country house near Peekskill, New k). And she still lives in the same tered apartment in Manhattan's shington Heights section.

I do have money now, but I'm not ig to move to Park Avenue or reorate our weekend place," says Dr. h. "What has changed is that now I 't have to think twice when I want make a nice gesture. On my last hday, I took twelve friends to din- and a Broadway show. I loved being e to do that, and I'll do it again."

While it may not have changed her, Ruth clearly relishes her fame and rything that goes with it—the limine, her hairdresser (Vincent of s Fifth Avenue), the constant atten-1. She is recognized wherever she s; people ask for her autograph in orts and in department stores. On street, cops and construction workcall out to her, "Hey, Dr. Root! I'm na phone you with problems!" Dr. th claps her hands like a little girl. ove it! I love it!" she cries.

While fame may have made her life a more luxurious and entertaining, Ruth still includes many serious fessional obligations in her itiner-. She lectures at universities and dical schools (recent dates have inded Princeton, Harvard, West Point l Cornell University), writes scholy papers and keeps informed on evthing that's going on in the sex-edu-ion field. Her apartment is awash in dical journals in several languages e speaks French, German and He-w fluently). And even with her frantic edule, Dr. Ruth maintains a private ctice, seeing patients two days a week her tiny Manhattan office.

t is in this office, which houses her umes of Freud's writings, that another e of Dr. Ruth is revealed. Gone is the nic giggling, the little-girl squeal and berserk ballet that's part of her act. re, she is the authority figure—nber, earnest, intense—trying to answer questions as efficiently as possible.

But there are some questions she won't consider addressing—and these are the ones concerning her own love life. Although she has dissected the sex lives of millions of listeners over the national airwaves, Dr. Ruth says, "I talk explicitly about sex, but I also believe that sex is private." And when she is asked how a woman with a schedule as overloaded as her own manages to find time—not to mention energy—for a love life, she replies, "No comment," with a smile. When pressed, she gets sharper: "I don't have to answer that! No comment!"

Dr. Ruth doesn't like to dwell on her past, either. But it is a past that made her a survivor. She spent her formative years during the Second World War in an orphanage in Switzerland, having been spared the fate of her German Orthodox Jewish parents, who died in Auschwitz. Although being placed in the orphanage saved her life, Dr. Ruth complains that she was "treated like a welfare case" and trained only to be a maid.

DR. RUTH'S Ten Commandments for Great Sex

1. *Don't make love on your first date. Develop a relationship first.*
2. *Be romantic. A lovely dinner and a walk in the park can set the stage for great sex.*
3. *Use your imagination! Don't stint on foreplay or afterplay.*
4. *Don't ever compare your present lover with past ones.*
5. *Don't share your fantasies unless you're sure your partner wants to hear them.*
6. *Don't criticize in bed. Discuss constructively later.*
7. *Satisfy your partner even when you may not feel like it.*
8. *Don't fake your pleasure. Try making love a different way.*
9. *Use contraceptives if you don't want to be parents.*
10. *Be realistic. Even with loving couples, sexual desire has its ups and downs!*

At sixteen, she fled to Israel, where she lived on a kibbutz and then worked as a kindergarten teacher. In 1948, as Israel fought for independence from British rule, she was trained as a sniper in the Haganah, the underground movement. Although she never saw action, she was caught in an air raid and nearly had both feet taken off by a high-explosive shell as she was racing for a shelter. She survived intact. "Otherwise, I might have been even shorter," she quips.

She might joke about it, but Dr. Ruth used to be painfully self-conscious about her height—and her looks. "Nobody is going to want me, because I'm short and ugly," she once wrote in her journal. Despite her early fears, she has been married three times. First, in 1950, to an Israeli, then to "a handsome Frenchman," with whom she has a daughter, Miriam, who is currently studying for her doctorate at Columbia University. After Dr. Ruth came to New York, she met and married her third and present husband, telecommunications engineer Fred Westheimer, in 1961. They have a son, Joel, who is now a student at Princeton University.

Dr. Ruth feels that having come to America was one of the best moves she ever made. "The nicest thing that's happened lately was being asked to do a video for the one-hundredth-anniversary celebration of the Statue of Liberty. The statue means something very special to me as an immigrant, an exile. I came to this country with absolutely nothing. I found freedom. You can't know what that means unless you've been denied it. I believed in my potential—my parents and grandparents had given me a set of values and traditions and instilled in me a positive outlook on life. I've worked hard to get where I am, but—if you'll excuse the cliché—what's happened to me could only have happened in America."

Even with all that Dr. Ruth has accomplished, there is still one more role: that of a screen actress. Next month she can be seen in her first effort, in the comedy *One Woman or Two*, in which she co-stars with Sigourney Weaver and Gerard Depardieu. The experience seems to have agreed with her. "Sure, I'd like to do more movies—I'm offered scripts all the time," she says.

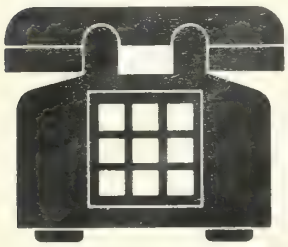
Her favorite role is still that of an on-air sex educator, however. "I hope eventually to have my own show on network TV," she says. But doesn't she ever get tired of talking about sex? "No, I never get bored. It's my job, and I love it." What if the public becomes bored with her? Dr. Ruth shrugs. "Then I'll go back very happily to my teaching and patients and research. So far this has been a glorious adventure. But I'm ready to enjoy what happens *after* the excitement dies down. I mean it."

It appears that it will be quite some time before Dr. Ruth has to worry about retiring from the public eye. There are more than enough people clamoring for her advice and counsel. Would she herself ever ask Dr. Ruth for advice? She giggles. "No," she says, "I have an accent." **End**

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TUMMY TROUBLE

continued from page 44

since persistent problems *can* mean severe digestive disorders or cancer. Therefore, consult a doctor if you have continuing abdominal problems or if you discover blood in your stool. (If the blood is bright red, it may indicate hemorrhoids. IBS patients may occasionally see a little blood as a result of straining to move the bowels, but it is not characteristic of IBS.)

An accurate diagnosis of IBS usually requires a complete physical examination, thorough medical history and stool analysis for blood and parasites (especially if a patient has been traveling abroad). Sometimes, further tests may be required, including:

Fiber-optic sigmoidoscopy This examination of the lower portion of the colon is routine in medical checkups of those over forty. It is done by inserting a flexible tube with a light at the end into the colon through the rectum. Sigmoidoscopy can detect evidence of inflammation, tumors or rectal polyps. It can be uncomfortable but is rarely painful. Sigmoidoscopy usually requires an enema before examination to clear the colon.

Barium enema This test can detect polyps, tumors, colitis and other bowel abnormalities. Preparation consists of a clear liquid diet the day before the test and a mild laxative that evening. After that, no food is permitted. The bowel is then cleaned out with an enema, and barium—an opaque substance that shows up on X-rays—is inserted with or without air through a tube into the rectum. X-rays are then taken.

Upper GI (gastrointestinal) series These are X-rays of the esophagus, stomach and duodenum (the upper portion of the small intestine). Preparation includes fasting, beginning at midnight the night before, to make sure that the stomach is empty. At the doctor's office, a chalky barium solution is drunk, which passes through the stomach and, on X-ray, reveals the lining of the intestinal tract.

Colonoscopy A more extensive examination of the colon than a sigmoidoscopy, this test permits doctors to examine the entire colon and to photograph or biopsy suspicious areas. A colonoscopy is performed with a long, thin, flexible instrument with a light on the end, to which may be attached a tiny camera. Patients are usually sedated for the procedure. Colonoscopy is performed only when doctors suspect a condition more serious than IBS or when there is a family history of polyps or cancer.

What you can do

Since stress is often the cause of IBS, doctors suggest that a problem at home or work may be responsible. Then t treat the physical symptoms. Altho IBS cannot be cured, symptoms can controlled—and changing the diet is far the easiest step. If you suffer from I

- Eliminate milk from your diet t porarily to see if lactose intolerance the problem. If it is, you should begi feel better in a few days.
- Add fiber to your diet by slowly creasing your intake of whole gr breads and cereals, fruits and vege bles. Fiber adds bulk to stool, makin easier to pass.
- Avoid gas-producing foods, such beans, cabbage, onions and carbona beverages, if excessive intestinal ga one of your symptoms.
- Avoid coffee, tea and all carbona beverages to help control diarrhea.
- Cut down on fried and fatty foods.
- Avoid any food that seems to trig symptoms.
- Eat smaller meals.
- Avoid chewing gum and sucking h candy, which may contribute to int tinal gas by causing you to swallow

Doctors also emphasize the imp tance of regular physical exerci which can go a long way toward red ing tension. Other stress-reduci techniques, such as biofeedback, h also been helpful in some cases si they enable people to help modify au matic body processes.

The chronic nature of irritable bo syndrome makes drug therapy pr lematic. Available medications of some temporary relief, but none p vides a permanent cure. As a resu doctors try to avoid prescribing medi tions except when symptoms fail to spond to other approaches.

If constipation is the main co plaint, doctors strongly advocate avo ing reliance on laxatives. Millions Americans use these products so r tinely that they become depende upon them for bowel activity, yet lo term use can actually halt colon fu tion. (This can be reversed by breaki the laxative habit.)

Other drugs often prescribed for I include antidiarrheals, such as Lomo or Imodium, as well as antispasmodi such as Donnatal, Librax and Bent In addition, doctors sometimes p scribe a mild tranquilizer to help p tients relax. But by far the most f quent recommendation is for nonp scription psyllium preparations, su as Metamucil or Konsyl, which conta natural fiber.

Whatever the cause of IBS, most p tients find enormous relief in the si ple knowledge that IBS is really not ing to worry about, whatever the d tress and discomfort. Most importa there are steps that sufferers can ta —right now—to help themselves. **E**

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Age 4

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GOLDEN GIRLS

continued from page 39

said to me, 'Listen, honey, things could be worse . . . . We could be home now." Their smiles fade.

Ironically, just four days after her mother's passing, Bea had to rehearse the next *Golden Girls* script, in which her sitcom character's mother has a heart attack. "That was pret-ty rough," says Bea hoarsely, "but death was a blessing, and work actually helped me get through the next week. Then came the delayed reaction, when I first walked into her empty bedroom—before then, I just couldn't bring myself to do it. And that's when I wept."

Despite the recent heartache, Bea and Betty are quick to point out that, like their mothers, they owe a lot of their joy in life to their children. Betty raised her husband's three children from his previous marriage. Now they're all grown, busy with careers and settled elsewhere, but they're still close to their stepmother. Martha, thirty-five, is studying law in Boston; David, thirty-six, has a Ph.D. and is currently working on a book in Philadelphia; and Sarah, thirty-three, is a San Francisco audiologist.

"I raised them from the time they were young teens," notes Betty, "while at the same time trying to solidify a new marriage. For me, an only child who had never really been exposed to children, it was an interesting experience."

Bea's two sons are following in their parents' theatrical footsteps in New York. Matthew, twenty-four, is an actor, a graduate of the noted Neighborhood Playhouse, and Danny, twenty-one, is studying stage design at Sarah Lawrence College. "They showed talent from the moment they entered this world," notes Bea proudly. "Matt's impatient with the beginning struggles every actor goes through, and Danny's so eager to graduate this June. He interned last summer with [top theatrical designer] David Mitchell and was raised from fifty dollars to four hundred dollars a week." She starts to blink back tears. "My God, I'll start weeping if I go on about my boys."

"I get the feeling you're a little fond of them," Betty says softly.

"I cannot control my emotions," says Bea. "Say something funny, and I'll laugh till I wet my pants; something sentimental, I'll cry."

"I don't know about the crying," says Betty, "but there is something about enjoying the emotion of grief. Oh, I can fool people, but I can't—well, do you know what I mean?"

As a matter of fact, no. Betty White's public persona is puzzling; her wicke sense of humor wears an innocen smile. Is she always this sweet?

"Oh, I have a very quick temper." Sh laughs, snapping her fingers. "I ca really blow. I throw things. There's hole in my bedroom door where I flun the car keys. I break eyeglasses, and have a fork at home—from my goo silver—that I bent double. Somehow God always puts that one at my plac setting. Afterward," she adds, switch ing to a tone of exaggerated sincerit "I'm so-o sorry, you know? I figure a far as bad moods go, why take them ou on other people? You might as well tr to seem cheerful, and pretty soon you' become cheerful."

"At the same time," counters Bea "everyone in L.A. says, 'Have a nic day,' and it's so phony. Ugh!"

"But here in New York," replies Be ty, "you can say something like, 'M mother is dying,' and everybody says 'No problem.'"

The past has been bittersweet, bu what about the future? Would eithe woman consider remarrying? "No way says Betty, "thank you very much. had the best; there's no use in trying t top that. I do have a dear friend though, whom I've known for thirty five years and see on a regular basis Rudy Behlmer, the film historian."

"I have some friends who are als divorced," says Bea, "and maybe ther are a couple of others I haven't yet bee formally introduced to whom I'd like t go to bed with. Why not? Ask anyone I've always believed in free love. I thin I was the first feminist without eve knowing it. At age four, I questione why women marry.

"Marriage makes sex respectable, Bea continues, "which then makes i unexciting. Everybody knows that, think, but nobody says it. A person get bored with the same partner, and fo me, there has to be continual change. guess I'm still into the truck drive thing. You know, the people you slee with are the people you'd never brin home to the folks.

"I don't feel there's anything lackin in my life," she continues reflectively "but for a year, I didn't allow myself t think about where I was going becaus of the situation with my mother. I'v never had a whirlwind social life. I'v always been a recluse—staying hom in the big, beautiful house we built cooking Chinese food, gardening an keeping three dogs. I hate makeup an dressing up, and I always go barefoot.'

She pauses to frown, then starts t smile. "Come to think of it," she says raising her eyebrows, "I guess I'm *hap py*. Because I've never been bored o unhappy in my life. Maybe I'll have t go back to an analyst about that." **End**

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past four years. Cross-tabulations for age, religious affiliation, marital status, income levels and many other factors showed scarcely any difference. In other words, virtually all our respondents feel they are good women, regardless of their lifestyles and basic beliefs.

In other interesting ways, the *Journal* respondents revealed a remarkably positive self-image and view of life.

- 96.3 percent believe in God
- 83.7 percent feel they are smart
- 80.7 percent believe that there is life after death
- 72.7 percent never tell lies, or only tell "white lies"
- 66 percent are satisfied with their sex lives
- 76 percent feel they handle money well and are not spendthrifts
- 65.7 percent feel they are pretty
- 53.5 percent think they are sexy.

Another display of contentment came from two related questions about lifestyles: 77.5 percent of the full-time homemakers say they don't feel a scrap of envy for women with jobs, and almost as many of the employed women, 74.7 percent, profess to not feeling envious of the homemakers. In other words, today's full-time homemakers don't see themselves as trapped and bored housewives, and today's working women don't feel like frantic, put-upon superwomen.

Still, there are areas in which our respondents are not quite so pleased with themselves. Their greatest dissatisfaction is with their body image. They may think they are morally good, but they believe there's room for physical improvement. A plurality of 30.6 percent say the one thing they envy about other women is good looks. And almost half say that if they could change one thing about themselves, they'd want to be thinner. Yet while 94.7 percent maintain they have never had an eating disorder such as anorexia or bulimia, 56.5 percent admit to overeating when they're alone. Another 19.2 percent say they tend to eat too much when they're with others. (Chocolate, by the way, is the ultimate temptation for 49.3 percent; ice cream came in second at 21.8 percent.) Also, all those Jane Fonda workout tapes notwithstanding, 50.5 percent never exercise, and of those who do exercise, only a dedicated 13.8 percent do so almost every day, no matter what.

But even though women prefer snacking to jogging, they are quite involved with aspects of beauty other than fitness. When it comes to makeup, 44.7 percent spend at least fifteen minutes, if not more, putting it on. And 51.4 percent wear makeup and perfume to bed at least sometimes. Also, while few have had cosmetic surgery, 50 percent would consider doing so if they felt it would improve their looks. (Apparently, they're simply not ready yet, since 55.5 percent believe they look younger than they really are, while only 5.6 percent think they look older, and a mere 3.1 percent feel compelled to lie about their age.) In addition, 43.4 percent color their hair, either to cover gray, go blond or add highlights (and just 6.3 percent of these women keep their hair coloring a secret). As for taste in fashion, only 17.7 percent say they live in jeans or sweats, compared with 44.2 percent who choose classic clothes, and 38.1 percent who keep up with fashion trends.

WHO RESPONDED

Age: average, 40; median, 37
Marital status: 65.2 percent in first marriages
Length of marriage: average, 16 years; median, 13 years
Number of children: 2
Employed outside the home: 71.5 percent
Personal annual income: average, $16,000; median, $15,000
Husband's annual income: average, $33,000; median, $30,000
Residence: small towns and suburbs, all geographical areas
Education: some college, 36.6 percent; college degree, 30.6 percent

Still, beneath this put-together image, there is at least a rivulet of emotional distress. Here are the secrets of vulnerability that our respondents also shared with us:

- 59.2 percent say they cry frequently or occasionally (younger women cry most often)
- 57.6 percent say they wish they were less moody
- 39.4 percent say they have had panic attacks
- 34.6 percent say they've experienced episodes of clinical depression
- 27.6 percent have contemplated or attempted suicide.

Yet black moods are not a major part of the emotional landscape for most of our respondents. Witness the fact that 52.9 percent say they feel okay when they wake up each morning, while only 5.5 percent are filled with dread and full 41.6 percent report feeling eag and excited at the prospect of a new da

Love story

But just exactly what is it abou women's lives that makes them feel e cited, or at least okay? What, when comes right down to it, gives a woma the most pleasure? According to ou respondents, it's not her job, not h hobbies, not her looks, not even h children, but her *marriage*. After a the attention to divorce statistics ov the last couple of decades, it's hear warming that 45.4 percent of our r spondents put their marriages at th top of their list of sources of satisfa tion. Many of the survey's other an swers corroborated the importance marriage to these women. For on thing, when asked which aspect their lives they would most like change, only 13 percent cited the marriages. In addition:

- 54.6 percent feel their husband are their best friends
- 68.7 percent say their husband "I love you" means the most them—more even than that their children
- 63.6 percent say they do not lov their children more than they lov their husbands.

Married life is not an unblem ished happily-ever-after, howeve Of the currently married wome who responded, just over half ad mit to having contemplated di vorce at one time or another. An almost as many—46.8 percent say they have occasionally bee tempted to have an affair. Stil most people seem to ride out th storms, since 65.2 percent are sti in first-time marriages, and 75. percent of the women have re mained sexually faithful. What more, getting through the turbu lence seems to promise fairly clear sai ing in the long run, since 51.8 percen of the women say that as their ma riages mature, they love their husband more than ever, with another 25 percen saying that they love their husbands a much as ever and only 3.9 percent sayin that they no longer love their husband

Mother and child

If the husband-wife bond emerges a the most vital, the relationship be tween a mother and her children is sti intense and important. To begin with 79.4 percent of the mothers who re sponded say they're glad they had chi dren. Beyond that:

- 70.1 percent of the respondents re port that they loved being pregnant
- 67.3 percent remember giving birt to a child as a joyful (continued



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experience rather than a painful one.
● 79.5 percent loved nursing their babies.

But while having babies is clearly a treasured aspect of being female, the secret is now out that most women are less than thrilled with the bodily function—menstruation—that prepares them for motherhood. Less than a quarter of our respondents think of menstruation as a reminder that they can bear children, while 56.9 percent find it a nuisance. Of the 20.1 percent remaining, however, there are two almost diametrically opposing views: 9.4 percent just plain hate having their period, while 10.7 percent say their monthly cycles make them feel "in tune with the universe." Also, almost half the women believe they suffer from premenstrual syndrome, with the figure shooting up to 61.4 percent for women in their thirties.

When it comes to the usually hush-hush subject of menopause, over half the women, whether they have been through it or not, think it's no big deal, and only 3.5 percent of the postmenopausal women report mourning the end of their childbearing years. All in all, while women like having babies, the consensus appears to be that forty-odd years of monthly readiness for a couple of pregnancies in a lifetime is something of an overkill.

But what sort of mothers are our respondents once those precious babies are born? On the whole, they are humane and caring, with 74.9 percent saying their greatest concern is fo their youngsters' emotional well-being while such aspects of life as academi success, career potential and a socia life drew less than 6 percent each. Stil the respondents are willing to confes that they are far from perfect when comes to the day-to-day business rearing kids; 61.8 percent of the moth ers admit to hitting the kids at least o occasion, and another 4.4 percent sa they do so frequently. As for yelling a the children, a whopping 90.2 percen of the mothers do it at least sometime and a sizable 39.8 percent scream a the kids frequently. A look at socioecc nomic factors such as education and in come showed that while lower-incom mothers are somewhat more likely t hit the kids than are the more well to-do women, mothers of all classe



ll at their offspring pretty regularly. Clearly, bringing up baby isn't easy, id as it happens, most people are ther pleased to have the job finished. lmost 80 percent of the mothers with npty nests say that while they love eir children dearly, they are glad the ds are now on their own. This is true th for homemakers and for women nployed outside the home and only rves to underscore the finding that, rring divorce, one's marriage is a ore enduring day-to-day relationship an the mother-child connection.

Women at work

f course it is no secret that the major- y of women at this midpoint of the ghties are not only wives and moth- s but gainfully employed as well— th because they want to be working id because they need their salaries. ill, we wondered whether there ight, in fact, be some secrets women ave been keeping to themselves about eir jobs, now that they are in the ork force in such great numbers.

What we learned is that most women re satisfied with their work—64.6 per- nt say they basically like and are roud of their jobs. Their major com- laint is not about the work itself, but bout the remuneration. While 79.7 ercent concede that money can't buy appiness, a plurality of 34.8 percent ose their personal income as the one spect of their lives they would prefer change. (As a footnote, this last wish shared by women at all income levels xcept those with a family income of ore than $100,000 a year. The women that wealthy stratosphere cite their arriages as the aspect of their lives ey would most like to change, and a ll 100 percent of them say—and they re presumably speaking from experi- nce—that money can't buy happiness.)

Yet even though most women are enerally happy with their work, if not eir wages, the majority are not as onsumed by their jobs as by their fam- lies. One indication that women have ore ardor in their private lives than n their professional lives is that only 0.1 percent say they are more likely to ry over a job-related problem than bout something gone wrong in their ersonal lives. Also, only 9 percent of he respondents say they love what hey do so much that they would do it or free if they could afford to. Still, mong women in top jobs—those earn- ng more than $40,000 a year—an im- ressive 34.8 percent say they love heir work so much they'd do it for free f they could afford to. And one wonders whether more women might feel that way if they had chosen different life paths, since in answer to the question "What is your greatest regret?" 24 percent checked "I didn't pursue my girlhood dream career."

Counting her blessings

Even so, the top response to that question, at 43.4 percent, was "I have no regrets." As one woman wrote (she, like 41.6 percent of the respondents, said her favorite time of day was when she got up before everybody else), "I sit in my cozy kitchen, and I drink my coffee and I think. Sometimes I plan the details of the day and make lists, but a lot of times I just let my mind wander, count my blessings or think up wild schemes like how we'll go on a safari when the kids are away at college. Of course, we'll have to win the lottery first! And then—boom!—the kids (I have three but it seems like more!) are up and so is my husband, and it's madhouse time, which I also love. We've had some hard knocks—who hasn't?—but you stick it out and try to make the most of life. We're a basically happy family, and I don't know who could wish for more."

This woman's feelings seem to reflect those of most others. When we asked what one thing the respondents would wish for, 44.6 percent said "happiness for my family," and another 37.2 percent said "to live a long and healthy life." And even the preoccupation with looks paled, since only 2.1 percent would wish to be young and beautiful. The yearning for money, too, got put into perspective, with 12.2 percent wishing to be very rich and only 3.9 percent wishing to be powerful and important.

Ultimately, it seems, the secret the American woman wants to tell about herself is that she is both good and loving, a person whose greatest joy comes from her family but who likes her work as well. And while she probably agrees that there's no such thing as too thin or too rich, she's not really obsessed with being either slim or wealthy. In other words, her life—whether she's a homemaker or a working woman—has many satisfactions. Until now, in a world that seldom thinks good news makes headlines, this simple and reassurring fact may have been the best-kept secret of all. **End**

Clive Enos holds a Ph.D. in communication arts from the University of Wisconsin, Madison, and is an associate professor of communication arts at the New York Institute of Technology, where the data for this survey were analyzed. Sondra Forsyth Enos, Ladies' Home Journal *executive editor, has an M.A. from Harvard. They are husband and wife.*







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WINTER COURAGE

continued from page 94

"You, too," Phil said and reached out touch her shoulder. "Don't get up. I'll ake my own breakfast."

"No. I want to," she said, and she ewed fresh coffee and sprinkled his ittered toast with cinnamon, feeling a easant guilt because she would stay me in the warm, bright house while trudged through unplowed streets th the harsh wind against him.

"What will you do today? Have Joan d the kids over for lunch?"

"I don't think so. Joan's sort of preoc-pied these days," she said casually.

She did not tell him about the last ne she'd called Joan. The small dark-ired woman, who had been Liane's sest friend since their move to the burbs, had been cold, almost abrupt. "I don't feel like talking just now," e had said. "I'll call you."

But Joan did not call, and when Li-e called next, Joan's eldest daughter ld her that her mother was not at me, although Liane could hear the ir of the mixer and the muted rains of Joan's favorite Julian Bream cord. Joan needed her privacy now, ane thought, for some private battle, stance from friends. It had nothing to with her, with their friendship. Still, e felt a nagging sadness because an had not chosen to share with her.

Phil kissed her good-bye, and she tched from the doorway as he pushed to the snow with the tentative clum-ess of a nonswimmer walking into e ocean.

Snow fell through the morning, and dy and Karen pulled on their boots d parkas and plunged through the otsteps that Phil had created earlier, w dusted over with a fresh coating. ith arms outstretched, they threw emselves down on the lawn and made ow angels. Other children joined em, and they took their sleds and rtled down the sloping driveway ain and again.

They came in for lunch, shivering. eir friends had disappeared. The ow had stopped. They sat in the tchen and stared at Liane, their feet inging restlessly.

"There's nothing to do," Karen said. e words were a challenge, an accusa-n, a mournful plea.

Liane looked out at the white love-ess and the winged indentations on e lawn where they had pressed their all bodies. She remembered a dis-nt winter of her childhood, the smell her sister's wet woolen jacket, the zen redness of her own small fingers. at day they, too, had been deserted by aymates and had made their own fun.

"Build a snowman," she said. She and her sister had built a snowman, a frozen friend who could be trusted not to leave for other children's yards.

"Yes! A snowman!"

As they scrambled into dry outer clothing and dashed outdoors again, Willoughby, the family sheepdog, followed Liane into the living room. She settled into the large chair facing the window with her worn collection of Wallace Stevens's poems. She would introduce the poet to her literature class, and her choice pleased her. Stevens spoke of the season of early darkness and pale sunsets. She became absorbed in her reading but looked up when the children scurried into the room stamping snow from their boots.

"We're just taking some stuff to dress the snowmen," Andy called.

"Okay."

She turned back to her favorite, "Thirteen Ways of Looking at a Blackbird," and read aloud, her voice soft.

"Icicles filled the long window
With barbaric glass
The shadow of the blackbird
Crossed it, to and fro.
The mood
Traced in the shadow
An indecipherable cause."

She, too, felt the shadow of mood settle upon her. She looked at the phone and thought of calling Joan, suggesting coffee. But twice before when she had asked Joan over for coffee, her friend had been reluctant, evasive, her voice brittle and defensive. She would wait, Liane decided. Her mood was too much influenced by the lingering, isolating snow, worry about Phil's long journey to the city and the children's restlessness. She would banish her feeling with a steaming stew, a fragrant onion soup, a blazing fire.

"Come in," she called to the children.

"You come and see our snow people," Karen shouted back.

She went to the door and smiled with delight. Karen and Andy had modeled a family out of snow—a mother and father and a child. The father wore Phil's old fedora and a long kelly-green scarf. Prunes buttoned his bulging white girth and provided him with eyes. His nose was a dwarf carrot, and he smoked a pipe with a broad stem.

His jolly wife was not dressed for winter. Liane's battered straw hat was perched on her large head, and sunglasses rested on her celery nose. Her smile was formed by an arc of radishes, and her frigid shoulders were draped with a plaid beach towel. The snow child was a merry mix of seasons, in sailor hat and argyle scarf. *(continued)*





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"They're marvelous," Liane said admiringly. "But come in now, it's cold."

They drank hot chocolate at the window and watched the darkening world over which the gleaming white family stood sentinel. The street lights flickered on, and returning commuters trudged down the street, laden with attaché cases and rumpled newspapers. The cuffs of their trousers were damp and their faces were pale with winter weariness. Some paused briefly when they saw the children's snow figures and smiled. A man doffed his hat to the snow woman in wistful salute to innocence and imagination, to distant memories of winters past.

A hurrying woman stopped to study the trio. She carried a small bunch of bright carnations, purchased perhaps in impulsive and extravagant denial of the pallor of winter. She crossed the lawn and placed a flower in the snowman's hand. The woman was a widow, Liane knew, with children waiting at home.

She watched Phil plod up the street and saw that his shoulders straightened and his eyes creased with laughter at the sight of the snow family.

"Your snowman needs a tie," he said, trailing snow through the house as he hurried to his closet and selected a wide plaid cravat he had not worn for years. His briefcase rested in a puddle in the vestibule, but he went outside and spent long minutes adjusting the tie. Willoughby barked for him to come back in again, and when he did, his eyes were bright.

"That gave it class," he said with satisfaction, and the children smiled. Liane smiled, too, but she saw a shadow of sadness in his eyes.

"How did it go today?" she asked.

He told her then that a colleague, a man he had considered a close friend, had resigned. He had for some months been negotiating with a rival firm.

"I don't mind his leaving," Phil said in the small voice of a child deceived. "I mind the sneakiness."

"I know."

She answered the ringing phone and listened to a friend's idle chatter.

"Have you thought of a charade for Joan's Valentine's Day party?" the friend asked.

"What party?" She heard the harshness in her own voice, and she remembered the previous Valentine's Day she had sat beside Joan in a hospital waiting room because Joan's eldest son had developed a mysterious high fever. When the doctor emerged to tell them that the fever had subsided as rapidly and weirdly a

: had risen, she and Joan had hugged
ı friendship and gratitude.

She thought now of how often they
ad sat over lukewarm coffee, sharing
ark fears and soaring joys. It was Joan
'hom Liane had called first when she
eceived tenure at the college and Joan
'hom she had phoned late at night,
xcited about a new book, a film, a sud-
en insight. She listened as Joan
ılked about going back to work, en-
ɔuraged her to register for a course, a
eminar. And with Joan she exchanged
its of improbable neighborhood gossip.

"Oh, I'm sure it's really nothing
t all. Probably just a small
roup of people." The woman
'as embarrassed and eager to
et off the phone.

"Yes. I'm sure," Liane said and hung up
ently. Small groups did not play cha-
ıdes. She remembered suddenly that a
ɔok she had lent Joan had been dropped
ı her mailbox without a note. Clues had
een dispensed, but she had been blind.

She went to sleep heavyhearted and
wakened in the night, sad and uneasy,
ursued by a vaguely remembered
ream of loss.

ɔchool reopened the next day, and the
ıildren rushed about searching for
ıissing mittens and misplaced note-
ɔoks. As the school bus waited, Andy
:opped to place an old pea jacket about
ıe snowman's shoulders. Phil, too,
ıused in his dash for the train, to
lace the plaid tie at a jauntier angle.

Liane wandered aimlessly through
ıe empty house. As she washed the
reakfast dishes she pondered Wallace
tevens and the fragility of friendship.
bruptly, in a decision made without
eciding, she dialed Joan's number and
eard Joan's voice turn cautious, al-
ıost frightened, at her greeting.

But Joan did not wait for Liane's
ıestion. Her voice rose dangerously as
ıe hurled forth a litany of accusations,
' secret hurts and festering resent-
ıents. Liane's choices were not her
ıoices. She did not want to be pres-
ıred into taking classes, seminars. Li-
ıe had long imposed her own tastes on
er, suggesting books, films, restau-
ınts, without realizing that Joan had
er own preferences. Some weeks ear-
er she had been hurt by a cruel and
.cetious remark Liane had made, al-
ıough Liane, thinking back, recalled
ıly gentle repartee and the affection-
:e mockery of intimacy. Joan, it
:emed, had long felt that their friend-
ıip was based on her submission to
iane's judgments, a negation of her
wn thoughts and feelings. She was
red of competing and parrying. She
anted a friendship that offered relax-
:ion, not constant striving.

"I see," Liane said, although she did not see at all. Suggestion had been translated into imposition, encouragement seen as pressure.

Her heart pounded, and she was surprised by tears that rolled down her cheeks in hot rivulets.

"Good-bye," she said because there was nothing else to say.

She sat before the silent phone, waiting for it to ring. Joan would call back and acknowledge her mistake. Phil would phone, having somehow sensed her mood, her need. But the phone squatted black and silent. Betrayals would not be reversed. Understanding withheld would not be forthcoming.

She settled into her chair and turned back to the Stevens anthology.

"It was evening all afternoon
It was snowing
And it was going to snow
The blackbird sat
In the cedar limbs."

The children rushed home from school that afternoon and cavorted about their snow people. Andy wanted to build a house for them out of cardboard cartons and snow bricks. They built one wall and then another, working until dusk. They came inside at last and filled the firelit living room with the sharp, cold breath of winter.

"Tomorrow we'll finish the house and make some furniture," Andy said.

"I think I'll give her a broom," Karen decided. *(continued)*



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"Snow melts," Liane cautioned them, fearful suddenly of the careless optimism. "Nothing lasts." She wanted to warn them against the vagaries of nature, the waning of friendships.

"Oh, Mom. We know." They looked at each other with sibling sympathy. "Do you think we're babies?"

"No. Of course not."

They were not babies. Andy was nine and Karen was eleven. They had grown with breathtaking swiftness, and soon they would fly out of sight.

Again that evening the parade of pedestrians took note of the snow family. The young widow waved, and men smiled with secret recognition. A tall man set down his attaché case, fashioned a snow brick and set it carefully into place. Phil added two more before entering the house.

The next day dawned darkly, and ominous clouds drifted against the pale gray sky. Barren branches trembled and napped against the impact of harsh winds. The students in Liane's afternoon class kept their coats on. They sneezed as she read from Stevens. They were indifferent to the poet's snowy mountains and the moving eye of the blackbird. The woman who had parked next to Liane on the faculty lot backed out, and her wheels were caught on an ice bank. They spun furiously, and the air was filled with the odor of burning rubber. The woman pressed her head against the steering wheel and wept. Liane went to help her. She rocked the car gently, coaxingly, across the ice, releasing it at last to mobility. Her colleague did not thank her but drove quickly away, her face set in lines of shame and despair.

The freeze was ending, and Liane drove through slush-filled streets. The mounds of snow that lined the sidewalk were the color of ashes.

She parked in her driveway, and as she stepped out of the car, her foot kicked the snowman's soft fedora. She looked toward the lawn and saw that the snowman's head had been knocked off and tossed against the hedge.

The snow woman's head had also been rolled loose, but her face and hat remained intact. The blocks and cartons of the house had been scattered about and stamped upon. Only the snow child remained untouched, a small, lonely survivor.

The school bus pulled up; Karen's face went white with fury when she saw what had happened, and Andy wept. His book bag dropped to the ground, and tears skittered down his cheeks; his mouth was contorted in sorrow. He had cried that way, too, in the spring, when he found the bodies of robin fledglings who had tumbled from their nest perched above the garage.

"Why?" he had asked inconsolably.

"Why?" he asked again now.

She could not comfort him. He was a child who shielded his eyes against the morning light because its brightness surprised him. Always, he would struggle to understand inexplicable death, wanton destruction, the demise of friendship. In that he was like her, too much like her, she thought with regret.

Karen went fiercely to work. She dragged the snowman's head across the lawn and heaved it onto his body. Andy watched her and stopped crying. He clenched his lips and helped her. Liane plucked up the snowman's fedora, placed it gently on his head and left them to their work. They were finished before the pale pastel lines of the winter sunset streaked the smoke-gray sky.

"How could they have done it?" Karen asked at dinner that night.

"And why would they do it?" Andy said, and his voice trembled dangerously.

"Probably just some wild kids," Phil replied. *(continued)*



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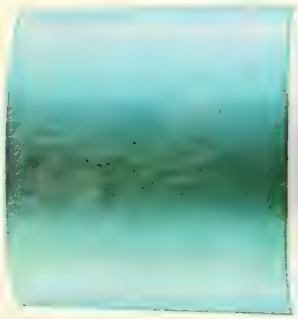
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WINTER COURAGE
continued

"But remember, whoever did it may do it again."

Liane flashed him a warning look, but he met her gaze calmly. They had often agreed that preparedness was the best protection. They did not lie to their children; they fortified them with the truth. Yet they themselves had remained oddly vulnerable and unprepared. Joan, Phil's colleague at work—they had stolen across emotional barriers and ambushed them.

Again, the next afternoon, the lawn was littered with the scattered costumes of the snow people. Their heads had been rolled away from their bodies, and the bulbous white child's head had been tossed against an evergreen. Again the children rebuilt with determined grimness. But on the third day when they saw more damage, they turned away, their eyes dull with defeat.

The week wept to a close with intermittent rain that drizzled from an unbrightening sky. The remnants of the snow family dissolved into puddles on which slivers of gray ice floated.

"They would have melted anyway," Andy said wistfully.

"I know," Liane replied.

Her son had not wept because of the loss of his creation, just as the source of her grief was not the end of her friendship with Joan. It was the wanton cruelty that saddened and wounded them. This was a dangerous time of year, Liane thought. These were cold months of small and bitter betrayals, of indifferent malice and mild mischief, when tires spun relentlessly on icebound turf and women wept uncontrollably at windows threaded with frost.

Liane fell asleep that night weighted down with a sadness she did not seek to name, and she dreamed of many blackbirds, soaring in pursuit of an ever-drifting rainbow.

"Mom, look!" Andy's shout awakened her as she followed his voice to the window, where he stood looking down at a world caped again in wondrous whiteness. It had snowed through the night, and it was snowing still.

"A white weekend," Phil said.

They all worked through the day, constructing a small group of snow people, pausing to admire one another's efforts and rushing to the basement to plunder a trunk filled with old clothes.

"And if someone knocks them down again, we'll fix them. We'll just build new ones," Andy announced, and there was a glint of defiance in his eyes.

But the snow people were still intact when Liane returned from the college on Monday. She was later than usual because she had stopped for coffee with a woman who had recently joined the department. They had huddled together in the faculty lounge for an hour, speaking, with rapid recognition, of Stevens and cassoulet, of the mothering of sons, and the odd, startling wisdom of their students. They parted at last when droplets of bitter liquid remained in their cups, and they arranged to meet the following week for lunch. Liane drove home aglow with the warmth of a beginning friendship.

Phil had built a fire, and she warmed her hands at it and went to the window where the children were courageously building yet another house of snow. His arm came around her, and they stood together and watched their son and daughter slowly move through the long shadows of evening. A sudden wind ripped through a soft drift, dislodging flakes that soared briefly and then disappeared into the white hillocks rapidly turning silver with frost. **End**

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EVERYBODY DOES IT

continued from page 50

e hesitant or nervous about how their arents may react. You might even hare something you kept from your arents. Then ask what it is that iakes such disclosures scary.

By doing so, you are giving your iild permission to say, for example, Mom, now that you mention it, it both-rs me when you raise your voice and iterrupt me before I get a chance to nish." Or, "I always worry that you're oing to tell someone else everything I ay." Or, "Sometimes I get the feeling iat you just don't understand."

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Putting it all in perspective

hildren need correct, specific informa-on *before* they are exposed to various eer pressures. The kinds of facts they eed to know are: the potential effects and legal penalties *(continued)*

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As seen on page 93

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for using drugs; how dangerous it is to mix drugs and alcohol; how judgment and coordination can be impaired by drinking alcohol and using drugs; the long-term dangers of smoking; legal punishments for stealing; the possible penalties for being caught cheating; how sexual excitement can build and become difficult to control; and how and why it's possible for a female to get pregnant, no matter what time of the month it is. The more you talk with your child, supply information and acknowledge the many feelings that might be involved, the less likely it is that he will be pressured into unhealthy or dangerous decisions.

But even if parents take responsibility to make sure their children understand essential facts, facts alone aren't enough. They must be used correctly when it is time to make a decision. That means teaching your child how to stick to his guns in the face of ridicule.

It's very hard for a child to say no to friends who are pressuring him. He'll feel much more comfortable if you offer specific ways to say no—for example, the exact phrases or responses that he can use when he is saying no to a friend.

- *"No."*
- "No, thanks! If you want to, go ahead. I don't."
- "I don't think we should be doing this."
- "It really upsets me when you try to pressure me that way. If you're truly my friend, you'll leave me alone and still be my friend no matter what I choose to do."
- "Please take me home right now."
- "Please don't touch me like that. Don't touch me there."
- "That makes me very uncomfortable. Please stop!"

Acknowledge how hard it might be to say any of these things to a friend, especially if your child wants the friendship very badly. Anticipate pressures and work through several ways to approach and deal with them, should any arise. Rehearse dialogue with your kids. They may be reluctant at first, but they will find such role-playing helpful.

You can also allow your kids to use your rules as an excuse when they need help in getting out of a difficult situation. Sometimes it's easier for a child to say, "I have to baby-sit," than to confront friends' pressure directly. This shouldn't be done on a regular basis, but kids will appreciate having an easy way out once in a while.

Must it take a tragedy?

To emphasize further how serious certain decisions can be, you might talk generally about the *(continued)*

TEACHING CHILDREN HOW TO MAKE CHOICES

To help children deal more effectively with peer pressure, it's vital to teach them how to examine what their choices are, what each choice might mean and what the possible consequences are.

The following step-by-step approach will break down the decision-making process in a way that is easy for children to learn.

1. Children must be taught that they have a choice They have a right to say yes *or* no. Although this concept may seem very obvious, many children have never been taught that they have a right to choose.

Children need to learn that while it's fair for friends to offer advice, it's not right for those friends to expect their advice to be followed. Not even best friends have the right to make decisions for each other. Children are entitled to their self-respect and should be able to choose the course of action that seems right for them according to their own standards and sense of values. This respect for themselves and for others needs to be taught and reinforced.

By realizing that they're entitled to their own decisions, children will be encouraged to evaluate each situation, consider the facts, examine personal feelings and values, and arrive at a more reasoned conclusion.

2. Learning what the choices are Once your child understands that he has a choice, help him learn how to figure out what the choices are. This can be taught generally, with no particular situation in mind, or specific situations can be used while you and your child figure out choices together.

For choices in general, your child might take one of these avenues:

- give in to the pressure and go along with what friends are doing
- tell friends that what they're doing is not a good idea, will get everyone in trouble or is mean, dangerous or scary
- walk away from the situation
- stay, but not give in to pressure
- tell someone or call for help

For choices in actual situations, your child can give an example of a problem that he has already faced, or you can create one, such as, "What choices would you have if everyone at a party was drinking beer, and you didn't want to, but everyone was saying, 'Oh, come on. . .'?"

For specific choices your child might:

- give in and have a beer
- tell the others that they're drinking too much and really should stop
- leave the party
- tell them, "No thanks, please stop asking. I really don't want one"

Perhaps you can suggest other choices. The idea is to examine as many choices as you and your child can for any given situation. The more practice your child has in determining choices, the better he will handle a real-life situation.

3. Learning the consequences of choices Simply knowing what the choices are is not enough. Your child needs to know what each choice might mean so he can anticipate the possible results or risks. Using the example of the party where everyone has been drinking beer except your child, you might consider the following consequences.

If your child gives in to peer pressure and has a beer, he:

- might not respect himself for giving in to such pressure
- might be more accepted by those at the party
- could feel sick or high from beer
- might like it. Then what?
- might get into trouble because his parents will find out
- may not drive home safely

If your child tries to tell friends not to drink, they may:

- stop and respect your child's word
- think your child is a prig
- tease your child for trying to stop them from drinking

If your child leaves the party, he:

- may be teased and talked about after he leaves
- may respect himself greatly for being confident and strong about making the right decision
- risk losing friends and acceptance
- won't get into trouble for drinking
- will no longer be in an uncomfortable situation

If your child refuses to drink but stays at the party:

- friends may accept his decision
- friends may continue to say, "Oh, come on . . ."
- friends may tease and ostracize him
- he may feel proud to be strong enough not to give in
- he won't get into trouble
- driving home will be safer

As your child becomes more aware of how to approach, identify and examine the consequences of each choice, he will have a greater chance of making safer, more meaningful and more appropriate decisions.



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EVERYBODY DOES IT
continued

possible tragic consequences. For example: "Why do kids need to wait until someone they know has been rushed to the hospital because of a drug overdose before they believe that all of this really can happen to them, too? I'm not trying to preach to you. It's just that I do care. I know the truth is that no one, not me, not your grandparents, not your teachers, will be there to hold your hand when someone offers you drugs or says, 'Come on, I can easily handle driving home. It's only two blocks.' *You* are going to have to handle the pressure yourself. The frightening part for me is that unless you respect yourself and realize that you do have a choice and unless you're serious about how you make that choice, you may never get another chance to make a wiser decision next time. For some kids, unfortunately, there is no next time."

If you know a real story—perhaps a co-worker's two children died in a car accident because of a drunk driver, or your mechanic's daughter is in a coma due to a drug overdose—don't think it will hurt your children to hear it. Such personal stories are powerfully sobering. And you'll soon find that children listen much more attentively and with greater concern to that kind of story than they would to your merely saying "don't."

If your child makes a mistake

You should keep in mind that it is hard for children to make the right choice every time, especially when they're dealing with friendships, self-confidence, self-image, the tremendous need to belong and the common belief that "it can't happen to me."

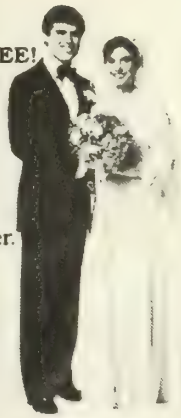
We can give our children information, help strengthen their confidence and think through decisions with them so they will be prepared. But no matter how much we teach or how much they understand, there are bound to be times when they'll make an error in judgment and give in to pressure.

If our children make a mistake, we need to let them know we love them anyway, but we also need to reprimand them appropriately. Discuss with them what went wrong or why they felt so pressured, and help them learn how to prevent the same thing from happening again. We must teach them that they can learn from each experience. All of us make mistakes; no one is perfect. If we forgive our children for not being perfect, they will learn to forgive themselves. And as long as they take responsibility for the consequences of their actions, chances are they won't repeat their mistakes. **End**

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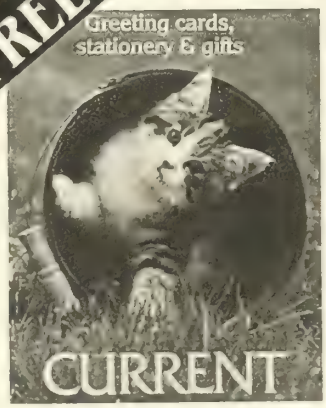
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—Roseann Faulkner, Idyllwild, CA

I'd been trying to get my weight back down after having a second child, so I was pleased when my two-and-a-half-year-old said to me as I was dressing, "Mommy, you're so skinny!"
"Thank you, Elizabeth," I replied.
"Yes," she continued, surveying me, "just look at all that skin."
—Georgina Myers, New York, NY

MOM'S HOPES AND FEARS

Sometimes it seems as though Mom has more fears than hopes, but that's because her main hope is that her fears won't come true. At times, Mom's warnings are just a test; at other times, they're real emergencies. But you probably won't be able to tell the difference until you're grown up, so pay attention and do what Mom says, not what she does.

Mom's afraid that . . .

- **You're growing too fast.**
- **You're not growing fast enough.**
- **You're studying too hard.**
- **You're not studying hard enough.**
- **You'll tip your chair over backward split your head open and have to be rushed to the hospital.**
- **You'll gulp your food and choke to death.**
- **You'll go swimming too soon after eating and get stomach cramps and drown.**
- **You'll go out without a sweater and catch your death of cold.**
- **You'll run while sucking on a lollipop and fall down and puncture the roof of your mouth and have to be rushed to the hospital in an ambulance.**
- **You'll forget to look both ways while crossing the street and never know what hit you until it's too late.**

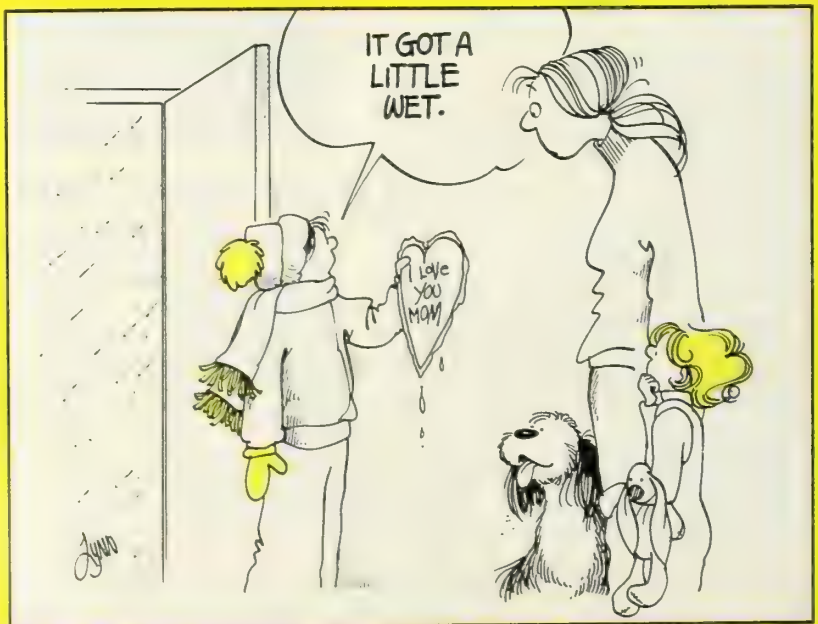
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THE FAMILY CAR

My teenager says, in a tone of distress,
That I don't understand his position.
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Is the same one that fits the ignition.
—Audrey LeBeau

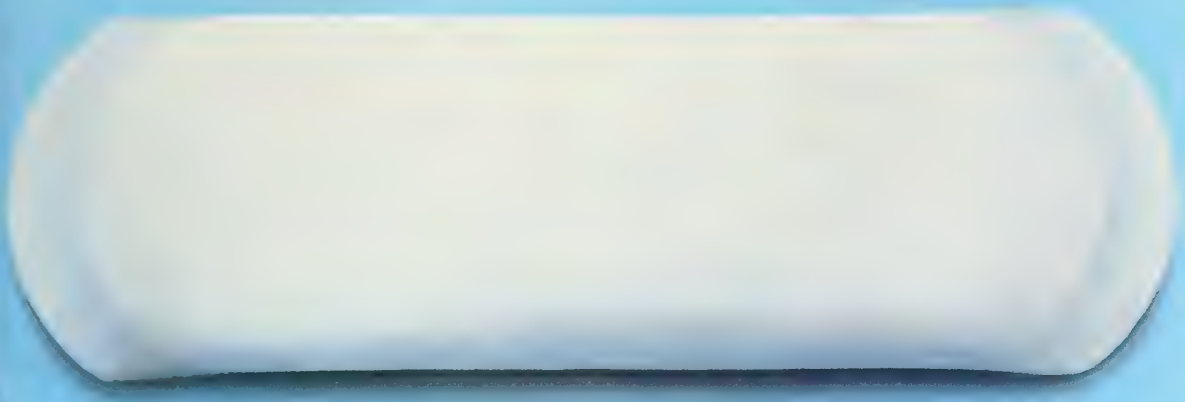
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FOR BETTER OR FOR WORSE **By Lynn Johnston**

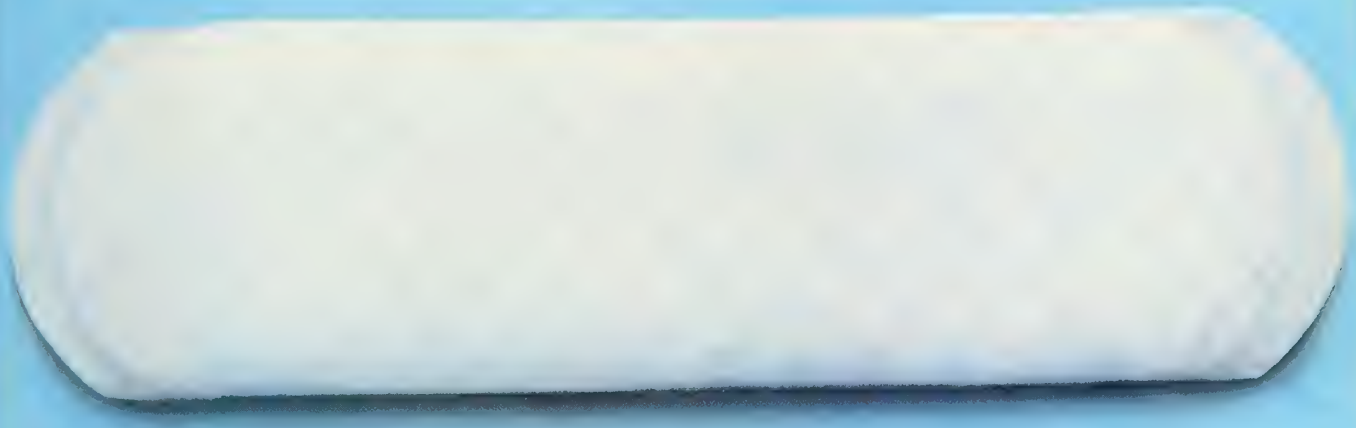


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March 1986

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A red-hot interview with Lee Iacocca



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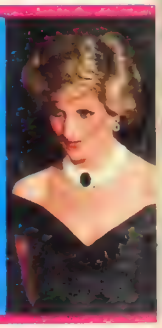
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EDITOR'S JOURNAL

THE BEST OF THE BEST

By Myrna Blyth

What's so special about this very special issue? Plenty. We've really tried to see that every piece is absolutely top drawer. Of course we've included our usual very popular columns like *Can This Marriage Be Saved?*—we knew you'd be disappointed if we left them out—and to these basics we've added articles by best-selling writers on important subjects as well as super-duper service features. A rundown of our food pages will show you what I mean. There are recipes for best-for-you vegetables that experts say really play a part in cancer prevention (page 126). There's also a selection by top food writers of the best desserts they ever tasted (page 132). Our third food feature is the "Dinner of the Decade" (page 140) that was held at the British Embassy in honor of Charles and Diana. The Embassy even let the *Journal* photograph the elegant table settings.

Other nothing-but-the-best items include a riveting talk with Lee Iacocca (page 32), one of our most admired men, conducted by columnist Cindy Adams. We think it's his frankest and most personal interview ever. There's also "The World's Most Beautiful Women" (page 65), selected and commented on by Aileen Mehle, better known as the columnist Suzy. Enjoy as well a new best-seller (page 80) by Elizabeth Forsythe Hailey who wrote *A Woman of Independent Means*, a book millions of women loved. And there's lots, lots more, including a new diet by Dr. Robert Haas, a terrific wrinkleproofing skin regimen, plus Marine fitness for you!

Now, what does an editor do when she does a best-of-the-best issue one month? She tries to do an even better issue the month after!



Cindy Adams



Aileen Mehle (Suzy)



Elizabeth Forsythe Hailey

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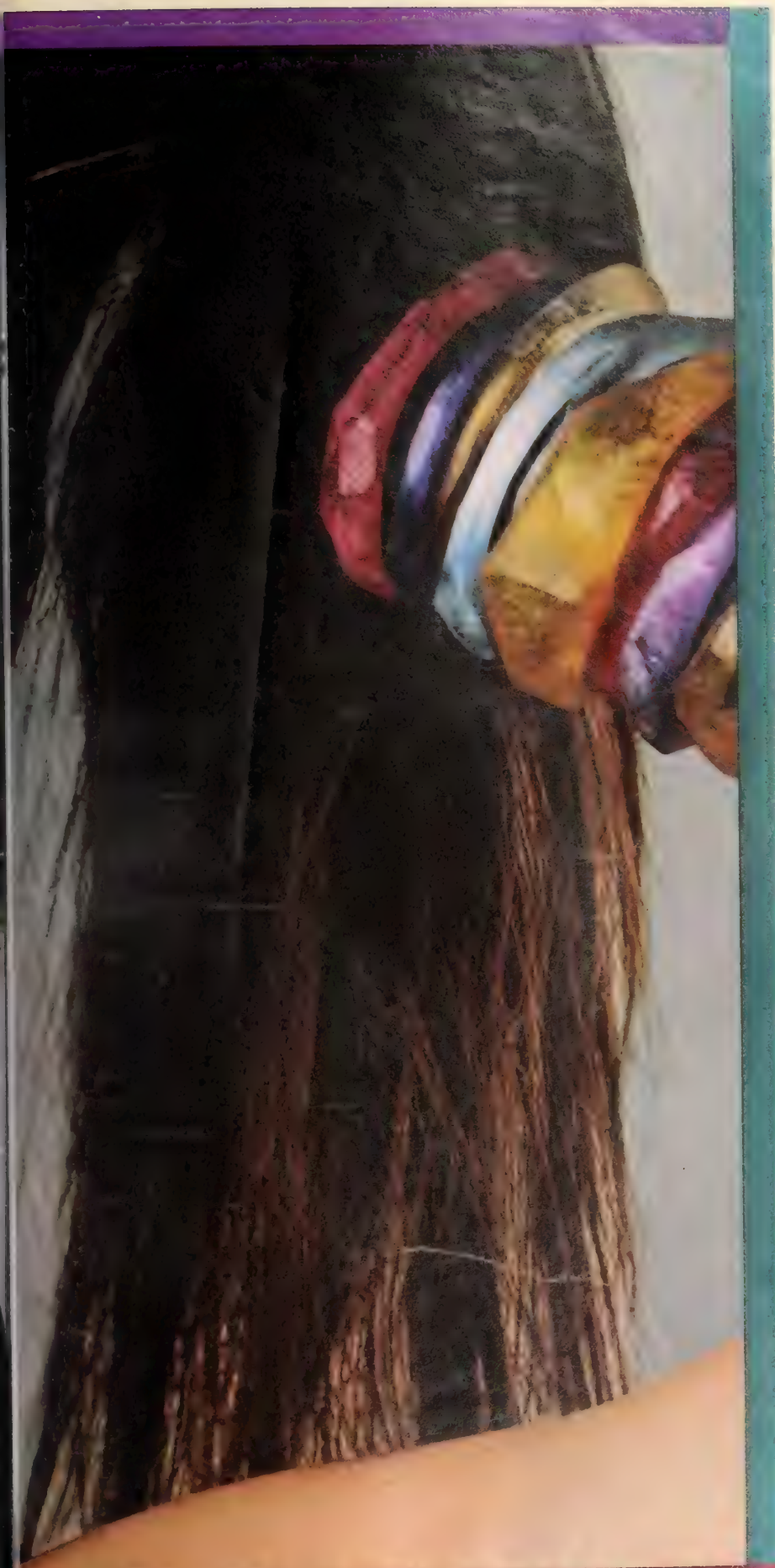

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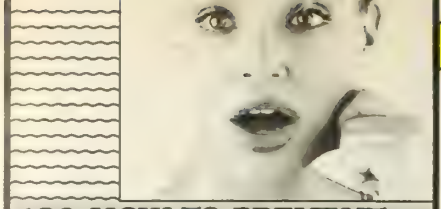
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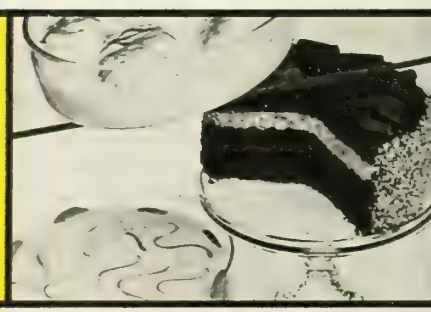
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"OUR FAMILIES WERE TEARING US APART"

Jim and Ronnie always sought their families' approval. What happens when a couple fail to put each other first? By Laurie Werner



This case is based on information from the files of Family Services of Dutchess County, a private, nonprofit organization in Poughkeepsie, New York. The agency is a member of Family Service America and is accredited by the Council on Accreditation of Service for Families and Children, Inc. This true story is taken from interviews, though names and details have been changed to conceal identities. The counselor in this case is Barbara Suter Leather, M.S.W., C.S.W.

RONNIE'S TURN

"I never thought I'd say this, but maybe my mother was right. Maybe I shouldn't have married Jim after all," said Ronnie, thirty-seven, a petite brunet in a knit dress. "She always said he wasn't good enough for me, that we'd fight all the time. Now, though I love Jim, I'm beginning to see what she meant.

"For one thing, there's his attitude about work. When we were married, ten years ago, Jim had a good job with a large company as a salesman of electrical parts. I knew that wasn't exactly what my parents had hoped for—they expected me to fall in love with a brain surgeon or maybe a Supreme Court justice—but Jim was good at his job and he liked it. I was confident he'd be a very good provider.

"But lately, everything's changed. Last September, Jim was laid off. He had switched companies two years ago—he had been offered a higher-paying position with more responsibilities—but not long after the move, he seemed to lose interest in his work. Instead of leaving the house early to get to the office as he usually did, he dawdled. Then he started losing commissions. I couldn't live with that; my father, a real go-getter, had raised me to work hard and be proud of doing a job well.

"Needless to say, the tension in our house is palpable. Though other men in the company were also let go, I get the feeling they're looking for other jobs. Jim isn't. He just loafs around or goes off to visit with one of his brothers and becomes furious if I bring up the subject of job hunting. But I can't help it: I'm worried about our future—our savings won't last forever. I offered to look for a teaching job, but Jim is firm about wanting me to stay home with our daughters, Jeannie, nine, and Linda, seven. That's something we had agreed on before we married. I don't mind so much that we don't have any money for ourselves, but I want the girls to have the things I had when I was growing up—like a chance to go to summer camp, for instance.

"Maybe it seems petty, but I think it's important for the girls to have an exciting, stimulating place to go during summer vacation. Jim thinks camp is silly and a waste of money.

"What's more, he insists that we all spend the summer at his parents' summer cottage, something his family has done for years and years. The problem is, the girls really don't have a good time at the lake. The cottage is quite isolated, and although Jim has two brothers, they are nine and eleven years older than he is, so their children are much older than our girls. Besides, it's not that we don't see Jim's family regularly; they all live nearby. Nevertheless, Jim is adamant and won't listen to anything I say.

"Frankly, I think Jim cares much more about his family than he does about me. I began to notice the pattern right after we were married. Jim's father died two years ago, but until his death, Jim spent every Saturday afternoon in a bar drinking and having lunch with him. I couldn't believe it—that was the only time we had to spend together, and I was very upset.



"When it comes to really vicious fights, though, nothing compares with the battles we have about my mother. Even when we start discussing something else, we somehow end up fighting about her. He really hates her, and to some extent, I can't say I blame him. He did make every effort to be friendly to my parents, but they never gave him a chance.

"If only they had, I know they would have seen all his wonderful qualities. Jim and I were good friends long before we were lovers. We were introduced by a mutual friend, and right away I was struck by how sweet Jim was. Of course, all my parents saw was his long ponytail and hippie clothes. Back in the early seventies, most of my college friends looked like that, but to my folks, Jim was just a bum. Their narrow-mindedness upset me, but I didn't fight it. At that point, Jim and I were just friends, anyway.

"Within a short time, however, our feelings for each other began to change . . .we fell slowly but definitely in love. When Jim asked me to marry him, I was ecstatic and didn't hesitate for a second, but we decided to wait until the summer to have the wedding since I was teaching high school at the time and we wanted to take our honeymoon during my summer break.

"When my parents finally realized we were serious about getting married, they announced that they weren't going to have anything to do with the wedding, so Jim and I began to make all the arrangements ourselves. Then my sister pressured them into holding a wedding for us, because they had given her such a beautiful one the year before. Shamed, they later relented but insisted that we do it on their terms. Since I love my parents *(continued)*

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CAN THIS MARRIAGE
continued

and wanted them to be at my wedding, I reluctantly agreed. Now I wish we hadn't let them get involved.

"First, they said we could invite only the immediate family—no aunts and uncles, and certainly no friends. We were upset but went along to let my mother have her way. However, about two weeks before the wedding, I saw the guest list on Mother's desk—she had actually invited my side of the family and not Jim's. I was furious, but I didn't know what to do. Finally, I decided not to mention anything to Jim. After all, the wedding was so soon, and things had been going fairly smoothly. Besides, I really didn't think the wedding itself meant that much to him, anyway. He seemed pretty easygoing about everything.

"On the day of the wedding, I waited anxiously to see how Jim would react. I was prepared to act surprised, too, if he mentioned anything, but he didn't look angry at all—just nervous, a typical groom. Years later, though, I learned that he was seething—in fact, he still is.

"Now, because of all the things my mother has done, he refuses to allow her to come to our house. I don't think that's fair. She is still my mother and the grandmother of his children, and as far as I'm concerned, she has an open invitation. Usually Jim disappears when he knows she's coming, but last week, he was at home during one of her visits, and he did something I don't think I'll ever forget. Thank goodness the children were in school.

"As usual, my mother had decided on the spur of the moment to come over, and when Jim saw her, he became totally enraged, mixed a pitcher of gin and tonics and marched into the den, where he sat all afternoon, becoming drunker and more obnoxious—all for my mother's benefit, of course. She in turn went on a tirade about how disgusting he was, that I never should have married him, and so on. It turned into a terrible brawl, with Jim cursing my mother and her screaming at him, and me crying. Mother kept insisting that I take the girls and live with her.

"At this point, I really don't know what to do. Our constant fighting is having a terrible effect on Jeannie and Linda—kids sense tension in a household—and I don't want them to witness any more battles. And though I love Jim, I honestly don't know if there is anything left of our marriage to save."

JIM'S TURN

"I love Ronnie," said Jim, thirty-five, an athletic-looking man in a flannel shirt and jeans, "but if she doesn't stop hounding me, I don't know if this m riage can be saved, either.

"I know I'm not helping matters. certainly not proud of the way I ac last week in front of Ronnie's mot But seeing her there put me over edge. I've been feeling pretty low ab my job situation—in fact, I've rea hated my work ever since I switc companies a couple of years back—a the last thing I needed was to have face Ronnie's sour, disapproving mo er. Her parents were always nasty me, and though I used to try to be n I don't anymore. I figured the best w to avoid confrontation was to avoid parents. You'd think Ronnie would derstand and stick up for me, but stead she sides with her mother.

"It's always been like that. Ron denies it, but she can never say no her mother. Our wedding day was a p fect example. I was content to make own plans, but no, Ronnie had to her mother get involved. I was formed that only my parents and bro ers could attend, so how do you thin felt walking into a house filled w Ronnie's aunts, uncles and cousi And Ronnie pretended not to know!

"Of course, whenever I bring up t subject of her mother, Ronnie wo even listen. Before I know it, we're i another full-blown fight. Ronnie v always like that—when we first me was drawn to her intensity. I sensed s was a really committed person, dee interested in other people. But now her intensity has turned into naggin

"I know she has every right to upset about my job—believe me, I a too—but I can't help it if my compa phased out my department. Doesn't s think I want to work? To be hone though, her ranting and raving abo the dire state of our finances makes m so angry that the last thing I want to is look for work.

"But it's not just the job situati that Ronnie picks on; she won't let about my relationship with my fami either. She's still talking about tho Saturdays I used to spend with my da and I can't make her understand h important those afternoons were to m When I was a kid, Dad worked in restaurant, and Saturday was the on day we had to spend together. M brothers were much older than I was by the time I was nine they were off college—and I really cherished t chance to be with Dad and just ta man to man.

"But Ronnie thinks I do whatever m family wants. Well, that's not fair. I lo them, and even though I may not wa to go to the lake every year, if it mea a lot to them to have the family g together, well, I think that's the leas can do. Besides, I see no (continue

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ason why my kids have to go to some ncy camp.

"The real problem is, Ronnie doesn't ıow when to let up. I'm having a hard me living with someone who can't op ordering me around."

THE COUNSELOR'S TURN

When Ronnie and Jim first came for unseling, they were both overrought from constant battling, and it as difficult for them to pinpoint their oblems. What's more, each blamed ıe other for their continuous turmoil.

"It was clear that neither Ronnie nor m really listened to what the other as saying. To help them, I suggested ı exercise they could practice together r ten minutes every night. Ronnie as to begin a conversation, and before sponding, Jim was to repeat back to er, in his own words, what she had ıid. Then Ronnie would say someıing else, and so on. By concentrating ı this exercise, Ronnie and Jim were ole to see how many times they had isinterpreted each other, and by the ıird session, they were both able to scuss their conflicts more calmly.

"At this third session, I brought up ıe subject of their respective families ıd how strongly dependent they *both* ere on family approval. Jim, the ungest son, had been babied as a ıild and, as a result, often lacked conidence in his ability to make a decion. His confidence further plummetd when his company phased out his b. Because of what he determined was is own unwise decision to switch jobs nd take a new offer, he felt he had let own Ronnie and the girls. More inseıre than ever, he felt even more keenly ıe pull for his brothers' approval. Ineed, in the past, Jim had often derred to his family's wishes—for examle, the argument over where to spend ummer vacation.

"Ronnie, too, had never learned how o stand up to her overpowering ıother. The wedding was, of course, the ıost obvious instance.

"I explained to both of them that ıany people, though grown and with hildren of their own, feel inadequate vithout the approval of their parents nd are sometimes willing to do almost nything to get it. Brought up to beieve that a good daughter does what ıer mother asks, Ronnie had little aith in her own feelings and beliefs. o, in need of Mommy's blessing, she hose instead to mislead Jim, who had rusted her. In fact, it wasn't until the nd of this session that Ronnie finally roke down and admitted that she had leceived herself and Jim by not speaking up about the list of wedding guests.

"Once Jim saw how miserable Ronnie was about her deception all these years, he forgave her. At last, they ended this long-standing argument.

"Ronnie's mother had had another, more subtle influence on her daughter, and therefore on the marriage. It was Jim who finally burst out at one session and said: 'All your nagging is just like your mother! Why do you think I didn't want you to come with me to visit my dad? Because from the very beginning, you never said you wanted me to stay with you. Instead, you started yelling at me and nagging me for making a stupid decision.'

"Shocked by the strength of Jim's outburst, Ronnie admitted, 'I hate those things about my mother, but I guess I do sound and act more like her every day.' Once Ronnie realized this, we were able to develop ways in which she could deal with her mother's manipulation. First, she told her mother not to drop by the house unannounced but rather to call and see if the timing was right for a visit. She also firmly told her mother that she didn't want to listen to any more criticism of Jim. Although she realized she could never change her mother, Ronnie did eventually learn to tune her out when she made offensive comments. Ronnie's self-confidence increased, and feeling better about herself, she stopped nagging Jim as much as she used to.

"Once Jim saw how hard Ronnie was trying, he pulled himself together. He visited several search firms and within three months had found a job comparable in salary and responsibility to the one he had lost. What's more, buoyed by Ronnie's progress in standing up to her mother, Jim admitted that it wasn't essential that they spend the entire summer at his family's cottage. Instead, he announced that they would love to come for the long Fourth of July weekend, but that the girls had to get back home for the start of camp.

"Ronnie and Jim were in counseling for nine months, and after that I saw them occasionally for refresher sessions. Although they still argue more than they would like, at least they've learned to defuse explosive subjects. Now that they have also stopped their vicious circle of criticism, they've rediscovered how much they truly enjoy being with each other. And, as they spend more time alone together, the bond of trust so necessary in a strong marriage is finally being forged. As a result, they are learning to look to each other, not their families, for guidance and advice." **End**





Vanessa is in a bewitching mood. *Golden Spell* gives her hair rich color and luscious body to show off her nighttime magic.



Vanessa tones her blonde hair with *Sweet Cream* and highlights her bangs with *Mauve Decade*. Her hair is long, sleek and silky.



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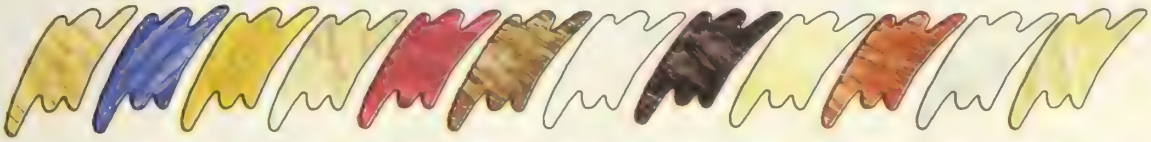
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Vanessa's soft and wavy look. She gets her rich body and waves with *Hidden Honey*.

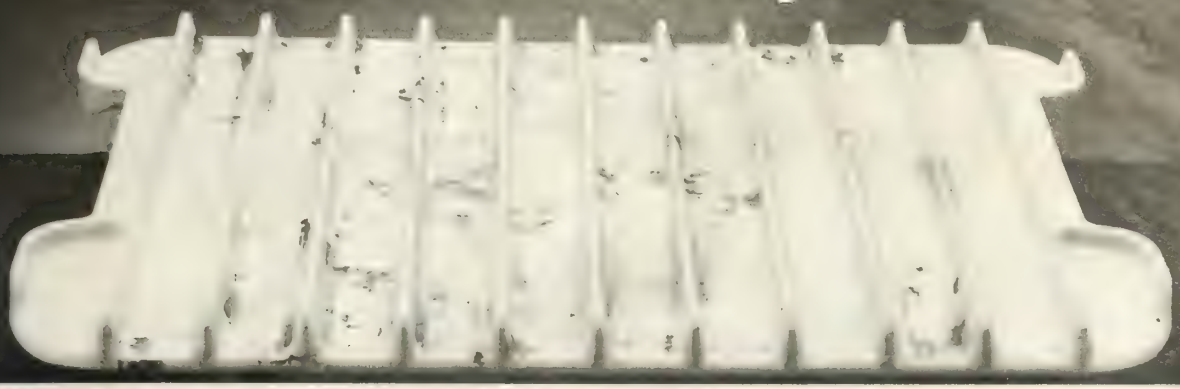


Vanessa looks sassy and sophisticated. She gives her hair freedom and fire by color tipping with *Mad Gold* and *Red Riot*.



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Cooking with plastic microwave dishes can stain a cook's reputation.



Microwave Plus by Corning. It cleans so easily, its reputation is spotless.

Are the stains of last week's meals still part of your plastic microwave cookware today? Chances are they are. Because under normal washing conditions, things like grease, tomato paste, and other acidic foods eventually take their toll on plastic.

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But the real plus of Microwave Plus is it doesn't just go into the microwave.

It also goes into the freezer, conventional and convection ovens and is attractive enough to go on your table.

So avoid those stainful experiences with the one whose reputation is spotless: Microwave Plus.

From freezer to oven to table... Corning. America's first choice in cookware.

CORNING That little blue flower. And a whole lot more.

Plastic microwave cookware. It's enough to make an appetizing meal look tasteless.





New Corning Ware® Pastel Bouquet. The tasteful way to serve your meals.

When you've gone through all the trouble of making sure your dinner is just so, the last thing you want to do is serve that gorgeous looking meal in dull, drab, unattractive looking plastic.

Fortunately, beautiful new CORNING WARE® PASTEL BOUQUET cookware is the best of both worlds. You can cook *and* serve all in one dish. So there's less to load in the dishwasher. And it does double duty by going into both conventional and microwave ovens.



The next time you want to give your meals a fate better than plastic, remember the tasteful way to serve them: new CORNING WARE PASTEL BOUQUET cookware.

From freezer to oven to table... Corning. America's first choice in cookware.

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To a certain degree, most plastic microwave cookware has its limits in your oven.



Pyrex® Servables by Corning. They can take it when the heat is on.

According to most plastic microwave cookware manufacturers, their products are off-limits in a conventional oven when the temperature is 450°F and over. Even if you follow their directions to the "T," the temperature in your oven could easily be off.

But you'll have none of those worries baking with PYREX® Servables by Corning. Since 1915, PYREX ware has been America's favorite way to take the heat in ovens. For today's modern kitchens, PYREX ware is designed with new shapes and sizes for the microwave. It's the best choice you can possibly make.

From freezer to oven to table... Corning. America's first choice in cookware.



CORNING

That little blue flower. And a whole lot more.

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"I DROPPED OUT"

I had climbed to the top of my career ladder, only to discover I'd left the rest of my life far behind. By Diana Jo Stade

Eight months ago I quit my job. My boss called my decision project burnout, and it looked like temporary insanity to my friends. But I had to call it quits!

Two years ago, at thirty-six, I was single, childless and making more than $40,000 a year as a computer technical specialist—including an executive bonus and a healthy investment portfolio. I wore expensive designer clothes and sculptured nails. But after years of high-stress, high-tech work, the money, status and sense of accomplishment I had achieved could not outweigh the simple fact that I was miserable. How had I managed to acquire so much and yet feel so awful?

When I was twenty-one, I had no job and no skills. My college education had been interrupted by a marriage that failed after four years. Suddenly, I found myself adrift. Then a training course in data processing introduced me to a magical world of spewing paper, blinking lights and secret codes.

Computers soon invaded every aspect of my life. I talked computerese nonstop, and over time, my circle of acquaintances dwindled to just my data-processing associates. They were the only ones who understood why I ate popcorn for dinner, stared at a hazy green computer screen until I saw double, drove home and then got up four hours later and did it all again.

For fifteen long years I climbed the corporate ladder: from key-punch operator to computer operator, programmer trainee, programmer, systems analyst, senior analyst, and finally to technical specialist.

I was achieving professional success, but each promotion gave me another excuse to ignore what was happening to my personal relationships. My on-the-job friendships often faded after a project was completed. I did date, although I often wondered why I bothered. My relationships with men seemed destined for failure. Usually, someone at work would know a man who was "perfect" for me. Mr. Perfect or not, after a few dates with the guy, the same pattern emerged:

"You're the smartest woman I've ever dated." (I doubt it.)

"Nobody has to work *that* hard to get ahead." (Women do!)

"You care more about your job than you do about me." (Yes, quite possibly.)

"I think you're interested in someone at work. Is that it?" (No, but I'm not interested in you, either.)

I'm glad I didn't compromise, because almost a year ago I met Mr. Semi-Perfect (semi is close enough for me). On the days when everything went wrong at work, I could call him and talk. He was a great listener. Gradually, we shifted into a comfortable pattern: Anything he could do to make life easier for me, he did. He picked up my dry cleaning, went grocery shopping, even ironed my blouses. His actions, more than his words, showed that he didn't feel threatened by what I was trying to accomplish and that he believed in me.



Diana Jo Stade is at last enjoying life in the slow lane

At that time in my career, I had been instrumental in designing and coding a marketing selection system, and it was finally running smoothly—spitting out thousands of catalog labels each week, tracking customer responses to different promotions, performing all the appropriate functions. I was still working overtime tying up loose ends, but there were no real problems.

Then, just when everything should have been right, it all went wrong. One day, I glanced out my office window and noticed a funeral procession stuck in the middle of traffic. Why I even noticed, I'm not sure. I looked out that window every day and saw only a blur of cars and cement. But the picture wouldn't leave my mind. Stuck in traffic. Stuck in death. Stuck in life. I'm a rational person, but there was no logic to how I was feeling.

I told myself that I had a great job, a wonderful man, prestige, financial security—but I knew I was empty. I thought of all those long hours, all the nights in the office, all the meetings, all the hurdles. And now I was empty. I don't know what I expected, but it certainly was more than the nothingness I felt. It didn't make any sense. I attacked the problem in the only way I knew how—sensibly: I began examining my life piece by piece.

I worked at the office, and I worked at home. During off-hours, seven days a week, I was available by phone or beeper. Two A.M.? Three? Four? It didn't matter; the computer never slept. It ran twenty-four hours a day, frequently demanding my presence. I scheduled dates with my boyfriend on a contingency basis. Work always came first. When I thought about what we actually did when we were together, I felt I was being very selfish. Our relationship centered on *my* work, *my* schedule and *my* problems. At best, I gave him a few hours a week of distracted companionship. *(continued on page 30)*

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A WOMAN TODAY

continued from page 26

I was going downhill physically, too. In two years I had developed strange allergies, been involved in three automobile accidents, broken my foot and had chronic neck spasms apparently aggravated by stress. When I wasn't in a neck collar, I was in a cast and on crutches or going through physical therapy. I had one health crisis after another and worked through it all.

The pieces made up one very bleak picture. Everything in my life was work. Suddenly I was filled with an irrational fear: "I'm going to die if I continue living this way."

Finally, I decided I needed time to sort out what I was doing to myself. I bought a ticket to the Bahamas, and my boyfriend kissed me good-bye at the airport, saying, "I hope you find what you're looking for, honey."

My trip was a flop. I was uncomfortable and bored, mostly with myself. I realized how much I relied upon my job to tell me who and what I was. During my stay, I sat in my room most of the time—thinking, watching the waves, listening to people laugh and play on the beach. And, at last, I cried.

When I returned, I took a leave of absence. I wanted to quit my job—and I didn't want to quit. What I really wanted most of all was a hole in the ground where I could sit with a bag of M&Ms until the whole thing blew over.

After a month of listening to my fantasies, facts and fears, Mr. Semi-Perfect summarized my ramblings:

"If you quit, you won't starve or have to live in the street." He was right. I could live for two years without jeopardizing my financial security.

"You know what you know. You won't lose it." That made sense. I wasn't throwing away my career, I was merely shelving it for a while. Sure, I was leaving a company where I'd been given many opportunities, but there were other companies.

Finally he said, "You can do anything you want, honey. Don't you think it's time to find out what really makes you happy?" I could only nod my head. He made it sound so simple, so logical. Suddenly, I was a teenager seeing a world of unlimited possibilities. Life wasn't over at age thirty-seven. It wasn't too late. He handed me his handkerchief. I wiped away my tears, and I knew I would resign.

During the next few months I joyfully took advantage of my free time in wonderfully unproductive ways. I returned shopping carts to th *inside* of the store, had coffee with neighbor I'd only *seen* for the past thr years, surprised my boyfriend wi roses. I was doing, for the first time years, all the little everyday thin that connect people to people.

After a while, my boyfriend aske "Do you plan to spend the rest of yo life in your apartment?" He gave me little nudge, and I enrolled in a writin course at a local college. All my life had wanted to write, but there wa never enough time. I had plenty now.

After my first class, he asked, "How it go?" "Great," I replied. "Lots of nic people, real interesting." The trut was, I had felt like a first grader stan ing alone on the playground after ev eryone chose sides. Nobody chose me! had barely talked to anyone and ha sat by myself at break time. Little b little, however, I relaxed, and durin the school term I made several friend When I stopped thinking about what was going to say and started thinkin about what was being said, everythin changed for the better.

I realized my problem wasn't unique Sooner or later everyone wonders, "Is thi all there is?" People differ in ho they handle their emptiness, disappoint ment or panic, but the answer always lie in the realization that their choices are a limitless as their imagination.

Over the last few months Mr. Semi Perfect and I have grown much close We've rediscovered the lighter side o life, and with it I found my long-los sense of humor.

Another thing has changed betwee us. At school I received the only *A+* I've ever gotten in my life. I told Mr Semi-Perfect he was now dating an *A+* He smiled and said, "I knew it al along—but do you suppose an *A+* could figure out what *I* need from th grocery store and maybe even remem ber to pick up *my* dry cleaning?" His gentle request hit home. Now I'm fi nally learning to focus on the needs o others, to give something to the people I care about, instead of just taking from them.

Who knows what the future holds? Today, at thirty-eight, I'm a writer and a student of life. I may pick up the reins of my career again some day, or I may not. The important thing is that I've given myself choices and the opportunity to explore them.

I've learned that life is not just about success and achievement. It's about learning to balance work and play, and learning to recognize that logic doesn't always produce the right answers. Sometimes you have to do a little time-wasting, a little rose-smelling, to discover just how valuable your time and your life really are. **End**

A Lasting Tribute to America's Vanishing Breeds...



Presenting a fine, limited-edition porcelain figurine, created by famed American sculptor Roger Brown, and inspired by one of the most intriguing of all wild animals: the blue-eyed, Eastern cougar.

Throughout history, the forces of nature have threatened the survival of some of the world's most interesting and unusual breeds. To focus attention on these endangered species, famed sculptor Roger Brown and River Shore, have produced their first-ever limited-edition collection of animal figurines inspired by *Babies of Endangered Species.*

After months of research, Brown chose "Sidney" the Eastern cougar to premiere this collection because of his handsome looks and playful manner. This tawny-buff and brown cougar's blue eyes dance as he rolls on his back and toys with a twig. His expressive tail wags between his legs.

It has been three years since Roger Brown has offered a baby animal figurine, and thus the "birth" of "Sidney" is causing a stir among collectors who know that many Brown works – especially his first-issue "Akiku" seal figurine from 1978 – have appreciated significantly in value in the market place.

"Sidney" is the first of eight Roger Brown original sculptures in the *Babies of Endangered Species* Figurine Collection – including a baby grizzly bear, a sea otter and five other charming, hand-painted porcelain pieces. As a series subscriber, you will be issued subsequent pieces at intervals of every two months at the guaranteed issue price of $45.00 for each figurine, payable in three convenient installments.

There is no risk to you in ordering now under The Hamilton Collection 100% Buy-Back Guarantee. You may return "Sidney" or any succeeding figurine at any time within 30 days of receipt for a full refund. Each issue will be accompanied by a Certificate of Authenticity, attesting to its status as part of the limited edition of 15,000.

Because the edition is so small compared to the number of Brown and River Shore collectors, and because of the charm and appeal of "Sidney" and the widespread reputation of sculptor Roger Brown, *a prompt sellout is anticipated.* Be sure to return your reservation by the final postmark date to guarantee its consideration. To be safe, order today! The Hamilton Collection, 9550 Regency Square Blvd., P.O. Box 44051, Jacksonville, FL 32231.

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Please accept my subscription to the *Babies of Endangered Species* Figurine Collection. Each of the eight figurines is limited to an edition of 15,000, as documented by an accompanying Certificate of Authenticity. The original issue price for each is $45.00 (plus $2.16 postage and handling), payable in three equal installments, with the first installment due prior to shipment. Figurines will be issued approximately every two months. 73585

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Barbara Walz/Outline

LEE IACOCCA in high gear!

The feisty car czar talks about success, his family . . . and the kind of president he would make. By Cindy Adams

Lee Iacocca is a fascinating guy. Colorful. Flavorful. Easygoing. No attitudes.

I'm not talking professionally, you understand. What this Patton of the car industry is like to work for, I don't know. I'm talking socially. Personally. In a noncompetitive, nonbusiness atmosphere, you've got to love him.

He's earthy. Plain. He talks about a ball game he watched. He talks about how "I once said I believe in eating lots of fiber, and as a result, people must think I'm constipated because they're always sending me boxes of the stuff." He talks about having "a fat head because I had a little scotch last night, and I guess I can't do those things anymore." He doesn't—as Grandma would say—put on airs.

What you've seen on television and in the newspapers is what you get, except that in person, Lee Iacocca seems taller, and his speech is peppered with four-letter words. Not the kind that make mothers wash mouths out with soap. Just the acceptable kind. Ask him if he's enjoying all the attention he's been receiving, for instance, and the man who has decorated the cover of *Time* on four occasions, whose autobiography is the fastest-selling book in publishing history and who is worth an estimated $20 million grumbles, "Hell, I don't have time to do anything for myself anymore.

"This success bit gets heavy," he says. "I lose too much privacy. The other night I was at a function in a hotel, and I had to shake hands with *(continued)*

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the bellboys, the chefs, the doormen. They're great, but I'm really getting pawed. Talking to the man on the street is my bag. I love it when people identify with me, but sometimes they can beat the hell out of you."

He thinks a second—no longer. A talker who can outpace a machine gun, Iacocca is not one to waste time.

"Maybe I'm not organized right," he says. "I shouldn't have to be using myself up so much. It just seems that all those extras you have to end up doing fill a vacuum, and suddenly you realize, 'Hey, I'm missing out on something.' I don't have time to read a book," he laments. "I used to be an avid reader. I have lots of good books by my nightstand, and I know I'll never read 'em now. I used to read a book a week. Then a book a month. Now I'm lucky if it's a damn book a year. That's symptomatic of the disease of success.

"Sometimes success can be a pain in the butt," he continues. "See, I also love to cook on a weekend. Now I'm in a hurry cooking and in a worse hurry eating. I'm pretty good at making Italian sauces, and I enjoy all that. So now and then I think, For crying out loud, what am I doing this for? Even if I were to take a six-month sabbatical, it wouldn't make up for these day-to-day personal losses.

"And another thing. I'd really like to sleep late some mornings. I want to keep doing, you understand, but I want to keep doing a little *less*."

A mother's dream

Lido Anthony Iacocca, aged sixty-one, son of immigrants, honor student, poor kid who rose to be chairman of the Chrysler Corporation, has obvious virtues. Neatness is one of them. Look around his New York office in the Pan Am Building. It's a movie set for a big-time executive: corner suite, marble floors, wood-paneled walls, large windows, comfortable chairs, big ashtrays. A particle of dust wouldn't dare alight on anything. Not even the beginnings of clutter on the massive desk. The same with his limo, a black number with gray-blue velour seats. There are no personal effects in the car to spoil the perfection—not even a tissue box.

The pants of his perfectly tailored suit have knife creases. The shirt collar and cuffs are squeaky-clean white. The nails are manicured, the shoes shined. On top of that, the chairman is not merely punctual—he's ten minutes early. *And* he has a sense of humor.

Iacocca's ability to laugh at himself is evident when he talks about the things in life that interest him. "I don't want to own boats and I don't want to own horses," he says. "All I want to have are the great friends who have these horses and boats. This way, they invite me over, and I have all the pleasure of *their* horses and *their* boats, and they have to worry about taking care of them. As for me, I don't want to have any more toys."

Among his "toys" are homes in Boca Raton, Florida, and Bloomfield Hills, Michigan, a Detroit suburb. "I've got one house in a good climate and one in a lousy climate," he jokes, "so I'm okay.

"My Detroit house is like my own private country club. I have four acres with tennis and paddle-tennis courts that I don't use the way I used to except for when my kids are home weekends. I've got a swimming pool. I try to swim every day, but even that I haven't done much lately. I also have a pool room, a screening room and an exercise room that I get to use for at least twenty minutes daily. It's a Nautilus, then a treadmill, then a Jacuzzi, then a sauna. And I have all the cars I want standing in the driveway. So, since I can't get to use all the goodies I've already got, for me, toysville is over.

> *"I would be a lousy politician. My way would be to shove everyone into a room and knock heads."*

"Y'know what does it for me now?" he asks suddenly. "Fascinating people. I've got friends everywhere—although not too many Republicans in Washington right now. Yesterday I had conversations with Senator Bob Dole and Senator Alan Cranston, and last night Senator Ted Kennedy called me. We talked a long time. I'm blessed with lots of friends . . . but not all are the types you'd want to bring home."

When talking about anything personal, Iacocca quickly changes gears from high to neutral. He stalls when asked anything about his love life. Tell him people want to know, and he'll tell you that they already know more than they need to. "Not that I have anything to hide, but why should I tell everyone what I eat for breakfast Sunday mornings or what my personal plans are?"

Tell him he's a public person, and he'll say yes, but he's not in public office. "Nobody voted for me. I earn what I've got. I don't have to share my personal life with anyone."

Eventually, the subject turns to his fiancée, Peggy Johnson. The attractive thirty-five-year-old is a former advertising executive and airline stewardess. The couple met through mutual friends. They started dating after Mary Iacocca, Lee's wife of twenty-seven years, died in 1983 of complications of diabetes.

Peggy is working temporarily as an unpaid assistant on the Statue of Liberty–Ellis Island Centennial Commission, an undertaking headed by Iacocca. Last year, he gave her a specially designed engagement ring from Bulgari—a diamond setting with two rings intertwined. Peggy accompanies Lee everywhere, goes with him on visits to his mother in Allentown, Pennsylvania, and is always on his arm.

With a little pushing and prodding Lee will say: "I'm beginning to feel comfortable with the idea of remarriage." Press further, and he reluctantly adds: "Look, I wasn't made to live alone for the rest of my life. I'm not built that way. I'm not really the swinging bachelor type."

Just a family man

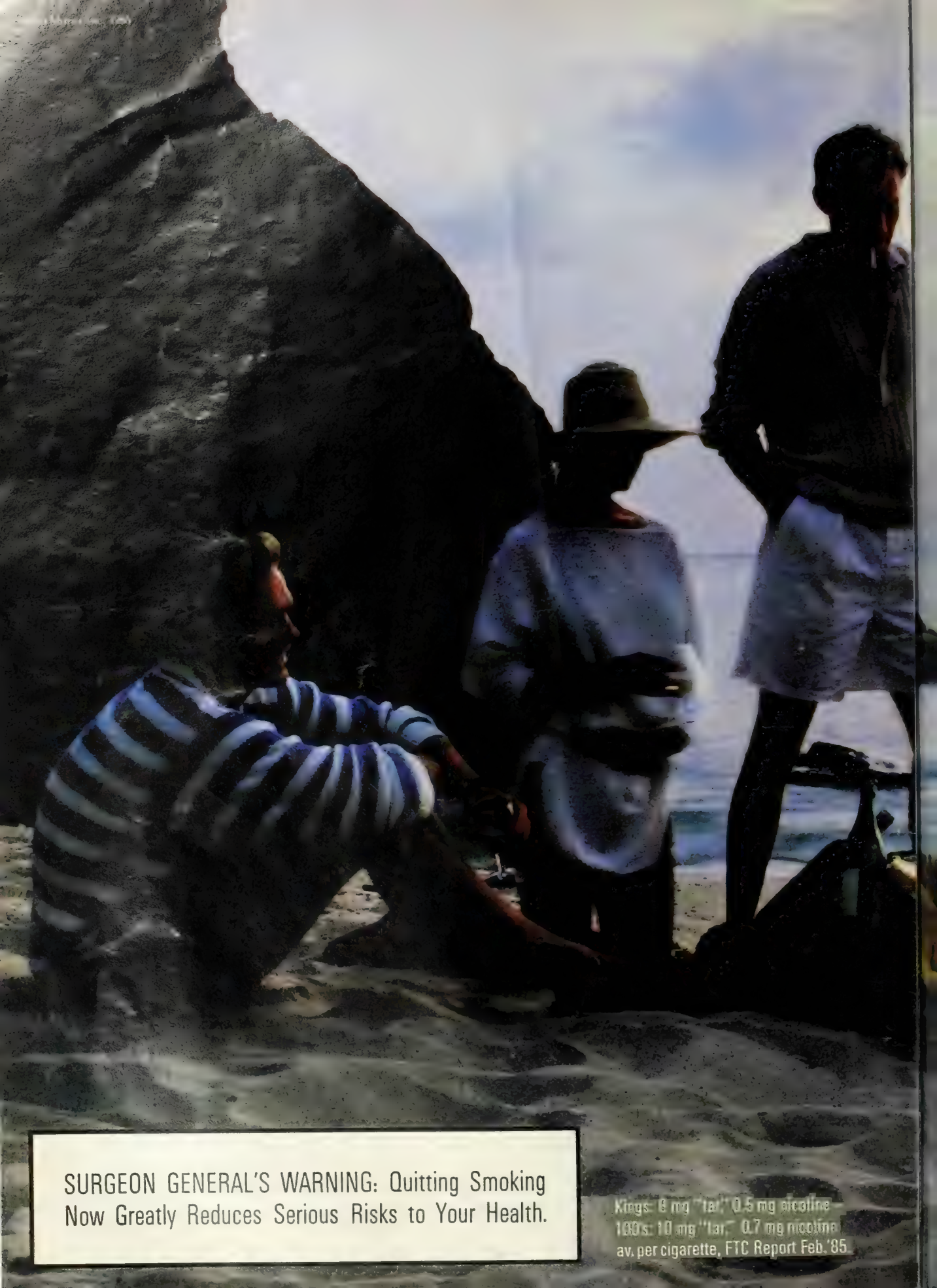
His oldest daughter, Kathi, twenty-six, lives in Washington, where she runs the Iacocca Foundation, part of which funds the Joslin Diabetes Center, in Boston. Her sister, Lia, is a senior at Oakland University, in Rochester, Michigan, and still lives at home. "All I have are two kids, and they're both growing," Iacocca says. "Lia will soon be off, and I'll be alone. It's not for me to just be by myself. I do hope to be married not too far in the future."

Peggy's good looks and quiet elegance aren't her only qualifications. She also makes great Italian food, shares Iacocca's penchant for crossword puzzles and, what's more important, has a sharp sense of humor. "I like a person who laughs a lot," Lee says. "I don't mean hysterically. I mean anyone who has a good sense of humor. Peggy makes me laugh. She makes me feel happy. I like people who wake up every morning and are glad they're alive and are whistling and happy as hell.

"I've been in marketing all my life," he adds. "I know that if you're not enthusiastic you don't sell anything. You don't have any fun either. It isn't that I want that attitude just in a woman. That extra-special zest goes for the females around me, too. I look for friends who are fun to be with. I can't be close to people who are pains in the butt."

Iacocca's daughters have given their blessing to his marriage to Peggy. But will Daddy *(continued on page 20)*


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The low tar flavor break.

BEAUTY JOURNAL

Luxe treatments on the double, an uplifting exercise. Next page: blow-dry tricks, and trends, U.S.A.

HIGH HEEL REVIVAL



David Croland

They're back again: sassy, sexy, high-heel shoes that make your legs look longer and slimmer and —because your center of gravity shifts slightly when you slip them on—add a subtle hip swing to your walk. Newest styles are ultrafeminine, with slender 3- to 3½-inch heels, slingbacks or instep straps, perhaps open toes. To get the glamour without sore feet, check for comfortable fit: There should be a quarter inch between the tip of your longest toe and the end of the shoe, and enough height in the toe area, so toes won't rub against the top. Also keep in mind that not all feet of the same size are identically proportioned, and neither are all same-size shoes. If you're looking for, say, size-six slingbacks, try on shoes made by several manufacturers to see whose last fits best. Suzanne Levine, D.P.M., Assistant Clinical Podiatrist at Mt. Sinai Hospital, in New York City, advises that you go for shoes with oval or rounded, rather than pointed, toes. "Wear flats to and from work, and even at the office; save high heels for when they'll *really* count: business lunches and evenings out. And try not to wear high heels for more than three hours at a time; after that, pressure on the ball of the foot may become painful." Final tip: Since new soles are slippery, rough them up a bit with sandpaper before you make your debut.

BEAUTY TREAT TIMETABLE Salon pampering may be less time-consuming than you think. Most of these professional get-gorgeous procedures take less than a lunch hour.

TREAT (+ APPROXIMATE COST)	TIME	HOW OFTEN TO DO
Manicure ($9)	25–30 minutes	Every 1 or 2 weeks
Pedicure ($20)	45 minutes	Once a month (renew polish weekly)
Facial ($36)	1–1½ hours	Summer: Once a month Winter: Every 6 weeks
Eyelash tinting ($15)	20 minutes	Summer: Every 3 weeks Winter: Once a month
Brow shaping ($5)	10 minutes	Every 2 to 3 weeks
Hair waxing		
Bikini line ($8)	5–8 minutes	Summer: Every 2 weeks Winter: Once a month
Ankle-to-knee ($15)	20 minutes	Summer: Every 3 weeks Winter: Once a month
Full leg ($30)	40 minutes	Summer: Every 3 weeks Winter: Once a month

Information provided by Lia Schorr, New York City skin-care pro.

FOR A BETTER BOSOM



Stand as shown, with arms bent at a 90-degree angle. Keeping elbows bent, arm muscles tense, fists clenched throughout, bring arms in front of chest, then raise them so that elbows are even with top of head. Lower arms and return to start. Do fifteen times; rest; repeat.

Exercise developed by Caren Austen and Lori Pollan of the Pollan-Austen Fitness Center, NYC.

WHAT'S NEW

A REAL SOOTHIE . . . CLAIROL'S MUSCLE MINDER HEAT WRAP WITH HOT/COLD PACK EASES POST-EXERCISE SORENESS AND OTHER ACHES. LIFT, SCULPT, SLEEK, MAKE WAVES . . . L'OREAL'S NEW STUDIO LINE—DIRECTIONAL HAIR SPRAY, SCULPTING MOUSSE, AND STYLING GEL—LETS YOU DO IT ALL! ▶

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Name _____ (please print) Apt. _____

Address _____ State _____

City _____ Zip _____ (required)

Phone ( ) _____

SIZE (Check One — see size chart):
☐ A ☐ B ☐ C ☐ D ☐ E ☐ F

COLOR (Check One):
☐ Pink Rose ☐ French Linen
☐ Barely Black® ☐ Sapphire
☐ Gentlebrown ☐ Barely There®
☐ Wedgewood Blue
☐ Eggplant

Is this the first time you have tried Hanes Ultra Sheer Pantyhose? ☐ Yes ☐ No

*Based on suggested retail price of $4.50

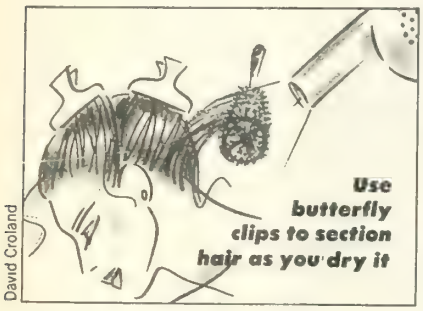
©1986 Hanes Hosiery, Inc.

BEAUTY LAB

how to blow-dry your hair

Pro advice on mastering the fine art of blow-drying, from hair wizard Gerard Bollei of the Galleria, in New York City . . . plus how his tips tested out on two real-life Journal readers.

■ To get a glamorous movie-star mane using a blow-dryer, you'll need a wide-tooth comb, mousse or setting gel, a cylindrical hairbrush with wraparound bristles, hair clips, hair spray and a hair dryer. (Best for coaxing permed or naturally curly hair into satiny smoothness is a professional dryer with hot, warm and cool settings.)



David Croland

■ After shampooing and conditioning, gently detangle the hair with the comb, then blot as much moisture as possible with a thick towel.

■ Apply a dollop of mousse or gel. The key to creating extra volume is to massage it well into the *roots*.

■ Blow your hair dry a section at a time, always starting at the nape.

■ For salon-perfect results, use the cylindrical brush to lift each section up and out from the roots, directing warm air onto the brush as you do so. Slowly twirling the brush, work it along the section toward the hair ends.

■ To lock in the hair shape you want, switch dryer to the cool setting when you reach the end of a section.

■ To build in even more body, clip each section into a fat pin curl (about three inches in diameter) as soon as it is dry.

■ Continue as above, drying hair in sections and pin-curling as you go. Mist with spray and allow hair to set as you do your makeup.

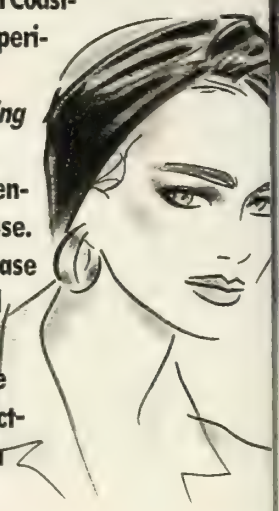
■ The grand finale: Undo pin curls and vigorously brush hair away from face; bend over from the waist and brush hair forward from the nape. Straighten up and flip hair back, allowing it to fall into alluring curves. Gorgeous!

READER TESTED

Our reader-testers, Loretta and Rachel, both have shoulder-length hair, but there the similarities end. Loretta's hair is permed and fairly coarse. Ordinarily, she allows it to air-dry into frothy waves and was thrilled to learn how to switch to a smoother, sleeker style on occasion. For curly heads who want to get the kinks out during blow-drying, Bollei emphasizes the importance of maintaining tension on hair while lifting and twirling with the brush. Rachel's hair is silky, stick-straight, always tending to go limp and flat, and she loved the look of added volume she got when she applied extra-strength mousse to the *roots* of her hair before drying. Since natural bristles slide through very fine straight hair like Rachel's, Bollei recommended that she use a cylindrical brush with nylon bristles that would grip her hair more securely.

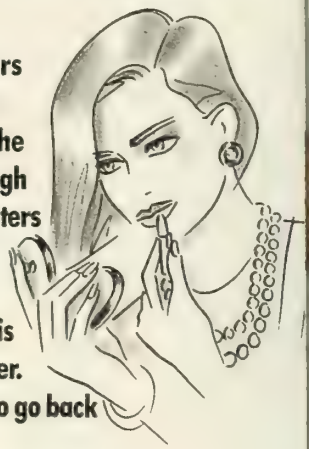
NEWS

Beautyline, U.S.A. *LHJ* editors spot the hot trends for spring.



Texans and West Coasters are big on experimentation. And they'll try *anything* in Los Angeles, says Coty representative Susan Chase. Per capita purchase of health-related beauty products is highest on the West Coast, reflecting the California cult of the beautiful bod.

In the South, makeup and hair will be soft, pretty, classic—Atlanta belles excepted. They'll be using vivid cosmetics colors, and the hottest hair shade down there is *platinum* blond!



New Yorkers *still* tend to be first with the latest. Although some trendsetters are growing their hair longer, short hair is still the winner. No one wants to go back to hot rollers.

In New England, the look is natural, . . . which probably is why Yankees spend less on cosmetics than do women in other parts of the country.



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Marilyn Price Spivack and her daughter Debby, whose injury changed their family's lives

Richard Sobol/SIPA Special Features

THE MOTHER WHO WOULDN'T GIVE UP

By Lorene Hanley Duquin

Her daughter's terrible accident was only one of the heartbreaking incidents that befell Marilyn Price Spivack within a few short years. But with fierce determination and unwavering inner strength, she turned tragedy into triumph for thousands across the country. Here, a story of misfortune—and a woman of courage—you will never forget.

When the phone rang on that cold Saturday night in March 1975, Marilyn Price, aged thirty-nine, knew something horrible had happened. It was almost eight o'clock, and her fifteen-year-old daughter, Debby, who had gone skiing early that morning with friends, should have been home two hours earlier. Several times during the evening, Marilyn had frantically called one of the other mothers, who dismissed her with "You worry too much, Marilyn. They probably stopped for something to eat." Now that same mother was on the phone, and in a voice robbed of all expression she said, "My daughter is dead, and your daughter is dying."

"No!" Marilyn cried. She handed the phone to her husband, Paul, who learned that Debby had been critically injured when a van full of teenagers crashed into a bridge abutment and flipped over a guardrail. She was in a small hospital one hundred miles from their home in the Boston suburbs and might die at any moment.

On the way to the hospital Paul drove at speeds approaching one *(continued)*



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MOM WHO WOULDN'T GIVE UP
continued

hundred miles per hour. Marilyn prayed: "Please, God, let it be a mistake. Let Debby be all right." But when they reached the emergency room, a doctor told them Debby was in a deep coma and had severe brain damage. If she lived, she would probably never regain consciousness. But Marilyn couldn't comprehend hopelessness. "Why can't you operate?" she demanded. "Why can't you save her?"

Marilyn's hands still tremble when she recalls that night. "The doctor told us the damage was so severe that Debby's brain would ooze out if he opened her skull," she says softly. "He told us if Debby were his child, he'd pray for her to die. My whole body went numb."

The Prices asked to see their daughter but were not prepared for what they found: A respirator was pumping oxygen into Debby's lungs, and it seemed as if tubes and wires were connected to every part of her body. Her silky dark hair was snarled, cuts and bruises marred her fair skin, and her young body twitched violently. Paul and Marilyn held Debby and stroked her limbs in a futile attempt to stop the terrible quaking. "Debby, open your eyes," they pleaded. But there was no response.

As Paul and Marilyn sat with Debby that night, they were consumed with guilt. When Debby had first asked if she could go on the trip, Marilyn had said no. Debby then turned to Paul, complaining that her sixteen-year-old sister, Lisa, and her eighteen-year-old brother, Jonny, would have been allowed to go when they were fifteen. Paul finally agreed. "We have to let go sometime," he told Marilyn. Now both parents were plagued with the same agonizing thought: *If only I had said no . . .*

The next morning, at her parents' request, Debby was taken by ambulance to Massachusetts General Hospital, in Boston, where she underwent a battery of tests. Later, a neurosurgeon showed Marilyn and Paul the results of her CAT scan. The left side of her brain was still hemorrhaging, and the brain tissue had started to swell, exerting severe pressure on the brain stem, which controls breathing and heartbeat. Debby was perilously close to death—only 3 percent of victims with similar injuries survived at that time.

"We didn't even think about the long-term deficits if she came out of the coma," Marilyn says. "We just prayed she wouldn't die."

The doctors began giving Debby medication to control the expansion in her brain, and over the next weeks the swelling gradually subsided. She was taken off the respirator, and the doctors reported that Debby would live.

"The fact that Debby was alive gave me hope, but I was afraid to feel too much," Marilyn says. "The doctors couldn't predict if or when she would come out of the coma, and the waiting was torture. Worse, they couldn't tell us what she would be like if she did regain consciousness."

Three months passed, and Debby remained in a coma. Every day, Paul, a vice-president for a chain of women's clothing stores, visited Debby after work. Marilyn, who had started a small real-estate business with a friend the year before, went to her office every day until three and then went to the hospital, where she helped to massage Debby's muscles, bathe her, wash her hair and brush her teeth.

Over the next three months Debby gradually emerged from the coma. "It's not like what you see on TV—she didn't just wake up one day," says Marilyn. "When Debby was still oblivious to everything around her, her eyes opened and she started playing with her hand the way an infant would. At times her face would contort as if she were in great pain. After a while, she would squeeze your hand if you asked her to."

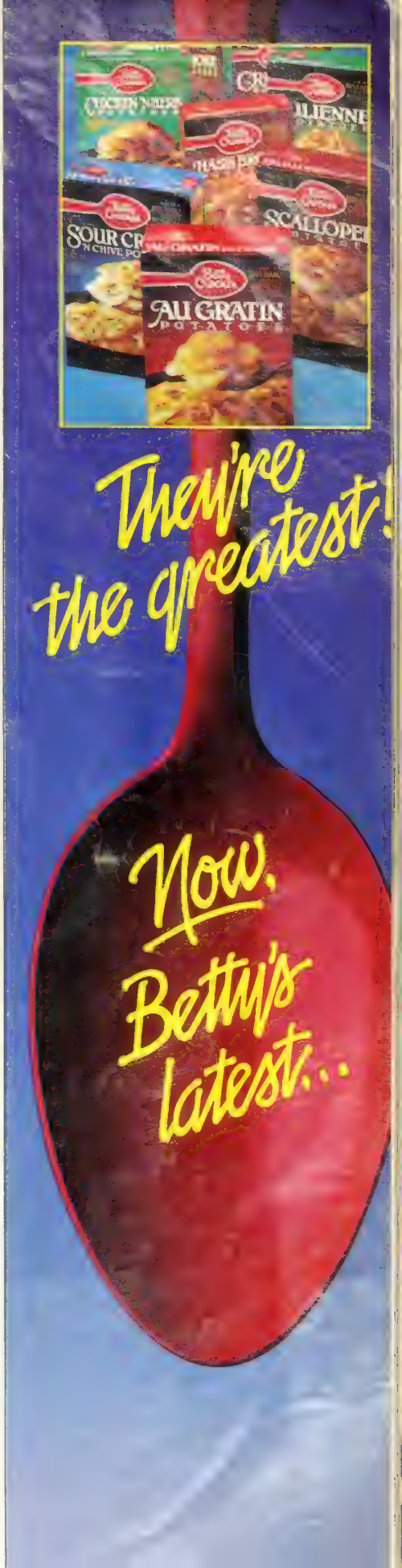
Each night at eleven Marilyn would go home, so emotionally and physically exhausted that she would collapse into bed. She couldn't eat, and she lost weight quickly. Paul, however, found solace in food, and his burly frame ballooned. Resentment between them mounted and tempers flared.

Seven months after the accident, Debby had regained full consciousness. She remembered her family and could squeeze their hands and follow them with her eyes. But her right side was paralyzed, the vision in her right eye was impaired, and she couldn't speak. Because of extensive damage to the left side of her brain, which controls speech, there was little hope that she would ever again talk intelligibly.

"I couldn't comprehend that Debby wouldn't get better," says Marilyn. "I kept thinking about the way she had been—a lovely, outgoing teenager—and I was determined that Debby would be herself again."

Several months later, Debby spoke her first words: "You stupid." Debby didn't talk again for months, but then she picked up three new phrases: "I love you," "Oh, my God" and "Forget it."

During the next six months Debby learned to say a few more words, but her speech was still minimal. And although she could sit in a wheelchair, her right side remained paralyzed. The real horror, however, was the damage to her mind. Debby could remember events from the past, but she couldn't remember whether she had *(continued)*





MOM WHO WOULDN'T GIVE UP

continued

eaten breakfast that morning or how to do such simple things as brushing her teeth or washing her face. And she couldn't concentrate long enough to relearn these everyday tasks. A telephone ringing was enough to distract her.

"There are two ways the brain can be damaged from head trauma," explains one of Debby's neurologists, Edward Hart, M.D. "There can be localized damage to one part of the brain, which in Debby's case caused paralysis and problems with speech. But the brain can also bounce around inside the skull, shearing neurons and causing small amounts of damage throughout the brain. This diffuse damage can result in memory loss, behavior changes and other cognitive problems. Both of these things happened to Debby."

The doctors' prognosis was grim. They told Marilyn and Paul that Debby's progress had peaked, and she would not have any more significant improvement.

"I refused to give up on her," Marilyn says. "I called health agencies all over the country to ask what was being done to rehabilitate people with head injuries. But over and over I was told, 'We don't know of any programs specifically for head injuries. If you find one, let us know.' Although doctors had the technology to save the lives of people with head injuries, at that time nothing was being done to improve the quality of their lives once they were saved."

Since she had no other choice, in June 1976 Marilyn enrolled Debby in Crotched Mountain Rehabilitation Center, in New Hampshire, a school for children and young adults with multiple impairments. Here Debby began receiving one-on-one speech, occupational and physical therapy along with some behavior modification and special education. Then, two months later, the unthinkable happened to the Price family.

It was shortly before midnight on the night of August 15, and Jonny was riding on a friend's motorcycle when a car sideswiped them. Jonny flew off and his body smashed into an oncoming car. He was taken by the police to a hospital.

As soon as the Prices were notified of the accident they all rushed to the emergency room, but it was too late. Jonny was dead. Paul's huge body heaved as he clutched Lisa and sobbed, "I love you." Hysterical, Marilyn couldn't stop shaking for days.

After the funeral, Marilyn brought Debby home from Crotched Mountain to tell her about Jonny's death. Debby seemed to sense that something w wrong. "I have something terrible tell you about Jonny," Marilyn bega Incredibly, Debby, who was unable read a sentence, could read the grief her mother's face. "Dead," Debby sa "Jonny dead." They both wept.

"I kept thinking it must be a terrib dream and that Jonny would be waiti for us when we came home from work Marilyn says. "It was devastating."

That fall, Lisa went away to college a Debby went back to Crotched Mountai Marilyn and Paul buried themselves work. Then, one evening in Februa 1977, Marilyn found Paul packing.

"I'm leaving you," he said.

Stunned, Marilyn said, "I can't tal any more, Paul. I'm too old. I'm too tired

Paul's eyes filled with tears. "Yo don't realize it now," he said, "but I' doing you a favor."

Marilyn soon discovered that Pa was right. Together, they were co stantly reminded of what they had los "I realized Paul did love me," Marily says. "But we weren't good for eac other anymore."

Marilyn directed her energy into ove seeing her daughters' activities and ex panding her business. When friends o fered to introduce her to single men, sh told them she wasn't interested.

Then one night, Martin Spivack called. Chief of Infectious Diseases at the Boston Veterans Administration Medical Center, Marty had thought his friend was crazy to suggest he'd enjoy the company of a woman who had experienced so much tragedy. But he realized that Marilyn never looked back—she was blessed with unbounded energy, a reservoir of inner strength and the ability to laugh. Soon they were seeing each other regularly.

Meanwhile, at Crotched Mountain, two years after the accident, Debby could walk with a walker and was regaining some use of her right arm. In the fall of 1977, she was promoted to the school wing with other young adults. But Debby would refuse to participate in projects, or if she did join in, she would become easily bored and disruptive. For example, she'd grab something away from another student or insult someone and then seconds later forget what she had done.

This type of behavior is a frequent result of brain damage, according to neuropsychologist James Mikula, Ph.D. "When someone is brain damaged, the screening mechanism that tells him not to say or do a certain thing is gone, and he might say or do whatever pops into his mind," he explains. "Also, a brain-damaged person might not remember what he did from one minute to the next and wouldn't have any idea he's acted inappropriately."

Marilyn took Debby out of Crotched Mountain, and with the help of Marty Spivack and Debby's doctors, she designed a program with therapists, tutors and nurses, who would come to her home and work with Debby. Fortunately, most of the expenses were covered by insurance and the special education department of the Framingham school system and the Massachusetts Rehabilitation Commission.

Throughout the next year Debby learned to take a shower and dress herself, and her vocabulary increased, although she still could not speak in full sentences. But she angered easily and would swear at Marilyn. She'd also introduce herself to strangers and tell them about her accident and about Jonny's death. Whenever she saw a handsome man, she would lick her lips and say, "Mmmmm." And she had no idea that what she was doing was unacceptable.

Then in May 1979, Marilyn had to face yet another tragedy. She received a call from the hospital informing her that Paul had suffered a heart attack and was being kept alive on machines. She and Lisa raced to the hospital, but he never regained consciousness. Three days later he died.

"I started to shake again," Marilyn says. "Nothing *(continued on page 202)*



PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.

DEALING WITH ANGER

Q Although I try very hard to keep my anger under control, occasionally I fly into sudden rages over minor incidents. Why do I act this way?

A Anger is one of the most difficult emotions for women to deal with. Most of us have been trained from the time we were very young to smile sweetly, to be polite and to act like ladies—no matter what. We have also learned that displaying anger is not considered appropriate behavior. As a result, we often pretend nothing is wrong, while inside we seethe with rage. Some women even convert their anger into illness or depression, which are more socially acceptable.

The sudden rages you experience may allow you to vent any stored up hostility you've been keeping in check. But the fact that you get very angry only over minor incidents might indicate that you are afraid to express your feelings about bigger issues. The next time you fly into a rage, try to figure out why you are so angry. Are you furious because the kids left potato chip crumbs all over the kitchen, or are you really upset because you're being overburdened at work? Once you've determined the cause of your anger, express your feelings calmly. Tell the kids that coming home to a messy kitchen upsets you. And if you feel that you're being asked to do too much at work, calmly discuss the situation with your boss. You'll probably feel a sense of relief once you get your feelings out in the open, and you'll be able to keep better control of your temper.

CONCERNED FRIEND

Q My friend recently separated from her husband of fifteen years. Ever since then she's been going out with many different men. She was so conservative before; what brought about this radical change in her behavior?

A When a marriage first breaks up, many women behave in an almost promiscuous manner after years of fidelity. Your friend is an example of the women who grew up at a time when there were serious consequences for stepping out of the good-girl framework. These women often feel that marriage and a husband took away their freedom at a young age and that they should make up for lost time. Also, because there is often a sense of rejection or disappointment at the end of a relationship, many women have an overwhelming need to feel desired by every man in town. I think that this is just a transitional period for your friend, and it is likely that she will soon grow tired of this lifestyle.

DUTIFUL DAUGHTER

Q Now that my parents are retired they rely on me to run their errands and visit them every evening even though I work and have children. I love my parents, but I feel that I don't have a life of my own anymore!

A Your problem is a common one. Because your parents no longer have a sense of productivity or creativity in their lives, they are turning to you to entertain them and fulfill their daily needs. It's unfortunate that the more often and the faster you run to help them out, the more likely they are to call on you. Of course, you love your parents, and you feel a moral obligation to help them. But honoring thy parents need not mean self-sacrifice.

It's important that you assess your parents' capabilities. If necessary, you may be able to find someone else who can run errands for them or local services that make home deliveries. Then consider your own availability and offer to assist them at certain times during the week when you're free. When you visit, devote your attention solely to your parents and spend time doing things all of you enjoy. That way, both you and your parents will get the most out of your time together.

Dr. Friedman, LHJ *psychologist, best-selling author and a radio and television talk-show hostess, can be heard on ABC Talkradio stations on Mondays and Tuesdays from 5 to 7 P.M., EST.*

THE LOWDOWN ON GOSSIP

Not all gossip is bad, and bad gossip can serve a purpose, says Lois Langland, Ph.D., professor of psychology at Scripps College, in Claremont, California.

"Without the opportunity for the cathartic release gossip provides, many of us might needlessly jeopardize basically sound relationships," Langland explains.

For example, confiding in a friend how you feel about your spouse's annoying habits may be more constructive than repeatedly confronting your mate with his flaws, Langland says. Likewise, talking about your boss to someone outside the office can help you maintain your equilibrium and is safer than voicing your negative feelings directly to your boss.

On the other hand, Langland says, people who habitually engage in malicious gossip—the kind that causes others to be hurt or humiliated or to suffer damage to their reputations—may be attempting to demonstrate their own worth by denying the worth of others.

"Chronic gossiping of that sort may be an unconscious cry for help," she says. "The gossiper may be so unhappy with himself that his only recourse is to attack others."



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You'll know in one bite why we call this new cereal Almond Delight®.

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Come on! Add a little excitement to your morning and try a bite of new Almond Delight brand cereal.

We just know you'll go nuts over the uniquely delightful taste.

VIRGINIA

Virginia Slims remembers how women of 1910 had to live up to the names they were born with.



Hope

"Hope you can have the chores done before I get home."

Carrie

"Carry the firewood to the hearth, and then carry the laundry outside."

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

SLIMS

You've come a long way, baby.



Patience

"Have some patience, here are only 62 more windows left to be washed."

Ben

"Be a dear and have dinner on time tonight."

Fashions: Mirrors of Krizia

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Lights: 8 mg "tar," 0.6 mg nicotine—100's: 14 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Feb.'85.

EAT TO SUCCEED



Tom Arma

Lose weight, increase your energy and improve the way you feel with the new program everyone will be talking about. Let this best-selling diet doctor show you how you can achieve maximum performance eating the foods you love. By Dr. Robert Haas

Eating right can do a lot more than simply streamline your figure or keep you at your ideal weight. It can give you the energy and stamina you need for doing the best you possibly can—at work, at play, anytime. I know my maximum performance diet will give you better health, more energy and a new zest for life. You *can* eat to succeed.

This program has already helped many people, from office workers to superstars, giving them energy they never knew they had. Cher turned to the peak performance plan when she felt burned out after playing her award-winning role in the movie *Mask*. Now she feels she's in the best shape ever. Don Johnson has said he could never keep up the brutal pace his leading role in *Miami Vice* demands without the benefits of this plan. This past summer Ivan Lendl actually contemplated quitting tennis because things weren't going nearly as well as he hoped. I consulted with Ivan and promised he'd notice a measurable change in weeks. He did. Not only did Lendl beat John McEnroe, *(continued)*



Dr. Robert Haas is the author of the number-one best-selling book *Eat to Win: The Sports Nutrition Bible* and a clinical nutritionist who counsels celebrity athletes and entertainers.

Iran Iss-Khan

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The Easy Way To Cover Gray
Don't just cover your gray, Mousse it!
When you use Loving Care® Color Mousse, you do more than just cover your gray. You keep the beauty of your own natural color. Because Loving Care has no peroxide to change your color. It just brings back the color you've lost... only where you've lost it... only where you're gray.
So don't just cover your gray. Mousse it!
Loving Care Color Mousse from Clairol.

DAISY 2.® The home pregnancy test that lets you double check to be double sure.

You're anxious to know if you're pregnant. DAISY 2 is the pregnancy test designed to give you extra reassurance.

Two tests in each kit.
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The same type of test used in many hospitals.
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DAISY 2, THE PREGNANCY TEST KIT THAT LETS YOU TEST TWICE TO BE SURE.



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EAT TO SUCCEED
continued

but he's taken McEnroe's title of number one in men's professional tennis.

But you don't have to be a tennis champion to achieve maximum performance. No matter what kind of shape you're in, the maximum performance plan will slim you down and make you feel great—and it's so healthy you can stay on it as long as you like, without ever worrying about counting calories.

The eat-to-succeed principles

The most important element in my program is the value of complex carbohydrates. Don't be fooled by the old-fashioned idea of a balanced meal—a meat, a starch and a vegetable—to get you through your busy day. It's complex carbohydrates, the pasta and potatoes once thought fattening, that really give you energy to burn. Protein, long thought of as energy food, actually robs you of your maximum performance and optimal health.

Here are three basic nutritional guidelines you should understand:

1. Excess protein — more than 14 percent of your total daily calories—is stored in the body as fat. Too much protein puts extra strain on your liver and kidneys, which must remove the toxic waste of that protein. This protein glut can prematurely age your body, drain you of energy, dehydrate you and promote degenerative diseases such as cancer, heart attack, stroke, kidney failure and high blood pressure.

2. Most of your daily protein requirement can be met by the protein in complex-carbohydrate foods such as potatoes, rice, vegetables, legumes and pasta. You don't need the chicken, fish, pork and beef you've been taught to eat.

3. Vegetable protein, found in the complex-carbohydrate foods mentioned above, is complete protein. It has an amino acid pattern that is actually superior to animal protein for promoting health and vitality.

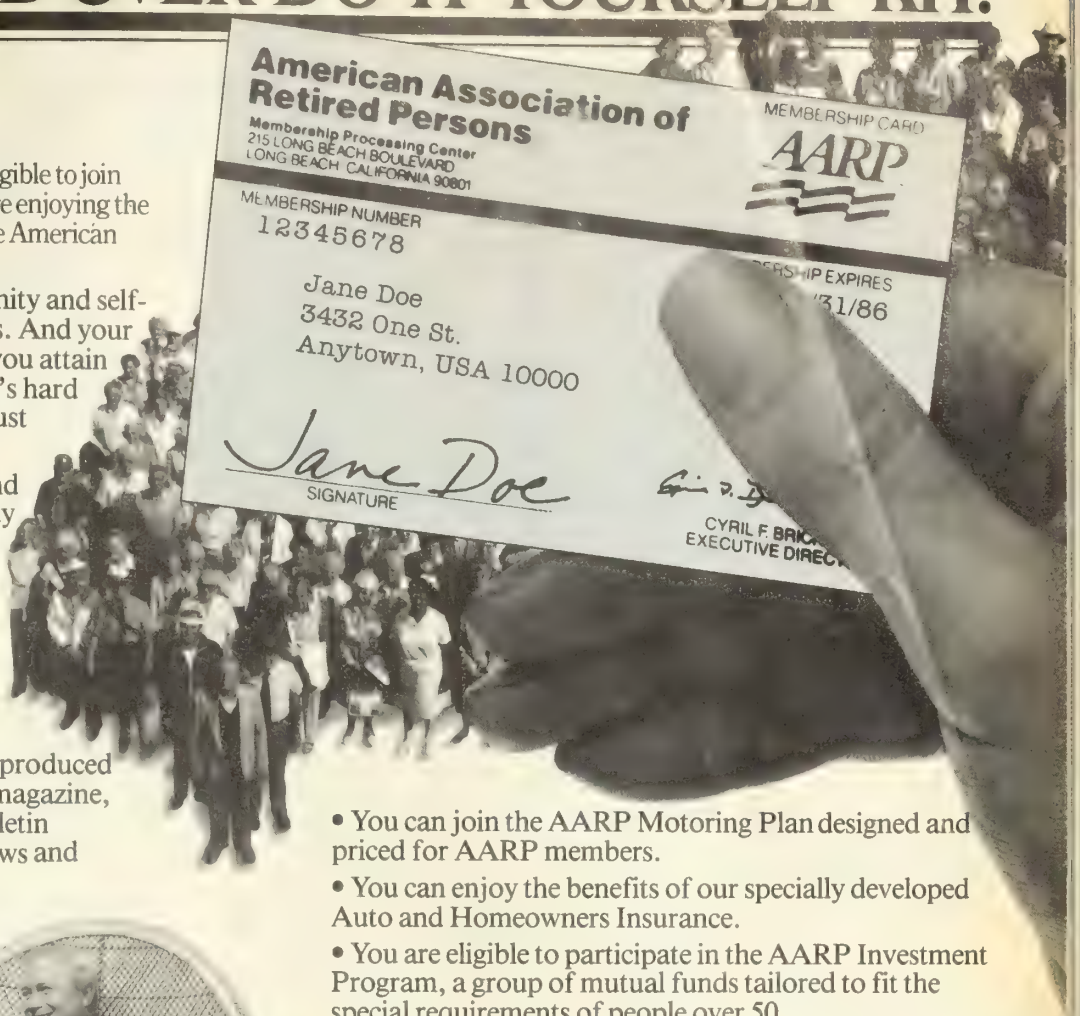
Do I suggest a total vegetarian diet? Not at all. I don't believe humans were meant to be strict vegetarians, but a diet based largely—not exclusively—on vegetables and grains can provide all the nutrients you need while lowering levels of fat and cholesterol.

Get a blood chemistry profile. It's the best way to determine what kind of nutritional shape you're in. You can have one taken by your physician or local health center; it's inexpensive and it takes only a few minutes. If you're like most Americans, you'll find that your levels of cholesterol, triglycerides, glucose and uric acid are too high. (However, the higher your level of a kind of cholesterol known as HDL, the less risk you have of heart attack.) You'll probably fall within the levels listed in the first column. You should aim for the ideal levels in the second column.

	Average	Ideal
Total cholesterol:	200 or more	120 or less
HDL cholesterol:	30 or less	70 or more
Triglycerides:	150 or more	70 or less
Glucose:	100 or more	70 or less
Uric acid		
Women:	6 or less	3.5 or less
Men:	7 or less	4.0 or less

My program should help you improve your blood chemistry in a matter of weeks, lowering your total cholesterol, triglycerides, glucose and uric acid, while raising your level of HDL cholesterol. What's more, you'll lose weight. The reason: When you eat the right foods in the right combinations, your metabolism works at peak efficiency, flushing out the unhealthy fats and sugars.

THE 50 AND OVER DO-IT-YOURSELF KIT.



If you're 50 or over, you're eligible to join e 20,000,000 Americans who are enjoying the rvices and savings of AARP, the American sociation of Retired Persons.

AARP believes in the dignity and self-fficiency of older Americans. And your ARP membership will help you attain ese goals in so many ways, it's hard believe it only costs $5.00. Just ke a look at this list:

Vou can make new friends and t involved in your community joining one of over 3,300 cal AARP chapters.

Vou'll be adding your voice the millions of others we oresent wherever and when-er government addresses e concerns of those over 50.

Vou'll receive the beautifully produced nonthly *Modern Maturity* magazine, well as the AARP News Bulletin keep you up-to-date with news and ormation affecting you.



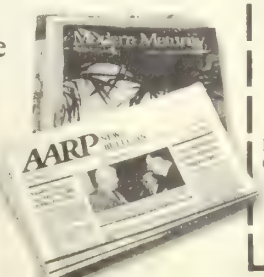
Vou'll be eligible to sign up for AARP's group health surance program with plans specially tailored to ur needs.

Vou can save on drugs, vitamins and pharmaceutical pplies through the nonprofit AARP Pharmacy rvice.

Vou'll receive free comprehensive guides to irement planning and other pects of life over 50.

Vou're eligible to take advantage the AARP Travel Service for ps all over the U.S. and abroad.

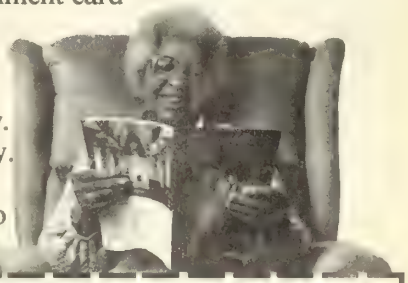
Vou can receive substantial scounts on many of the major r rental, hotel and motel chains ross the country.



- You can join the AARP Motoring Plan designed and priced for AARP members.
- You can enjoy the benefits of our specially developed Auto and Homeowners Insurance.
- You are eligible to participate in the AARP Investment Program, a group of mutual funds tailored to fit the special requirements of people over 50.

For only $5.00 a year, you and your spouse can join AARP and enjoy exclusive benefits and services like these. Just send in the enrollment card that's bound into the magazine. If the card is missing, simply fill out the coupon below.

Join AARP today. It just might be the best thing you ever do for yourself.



AARP

DO IT YOURSELF, TODAY. START MY MEMBERSHIP IN AARP FOR:

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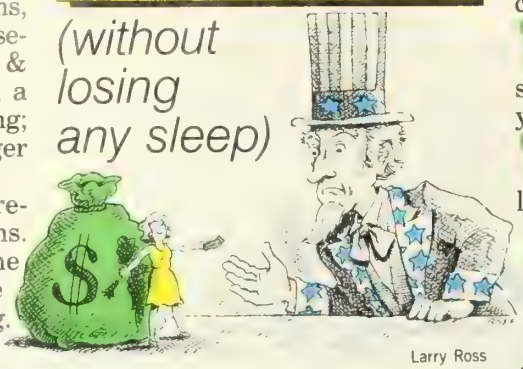
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P.O. Box 199, Long Beach, CA 90801

HOW TO SAVE

MONEY ON YOUR TAXES

(without losing any sleep)



Larry Ross

Tax time is rolling around once again. But before you take your checkbook in hand for the odious task, read through the following twenty insider's tips—prepared especially for *LHJ* by a team of experts from major accounting firms, including Janice M. Johnson, a senior tax manager with Seidman & Seidman/BDO; Larry Goldstein, a tax manager with Arthur Young; and Steven Woolf, a tax manager with Laventhol & Horwath.

Many of these strategies require that you itemize deductions. If you've avoided doing so in the past, take time to calculate whether you'll save by itemizing. The answer may surprise you.

1. Even if you calculate your sales tax by using the table the IRS provides (instead of saving all your receipts, which could give you a higher figure), you may still take additional deductions for sales tax on some large-ticket items, particularly automobiles and boats. Remember, too, when you're looking at the chart, to consider your total income, including income from municipal bonds or capital gains, in toting up your total deduction for sales tax.

2. An IRA is one of the best tax shelters available to the average American. But you can no longer make your IRA contribution after April 15, so do it now. In fact, if you can afford to do so, make your 1986 contribution now, too, and collect all that tax-free interest for an additional year.

3. Consider income averaging, a technique designed to smooth out tax payments for people whose income has risen substantially over a short time. Find out whether income averaging will save you money by filling out Schedule G. You'll also need your returns for the last three years.

4. If you mail your return at the last minute, don't use your office postage meter. A private-meter postmark is not proof that you sent your taxes on time; instead, bring the return to the post office and have it sent by certified mail, and get a receipt.

5. Did you buy a new home last year? The points you paid on the mortgage are deductible, as is the interest.

6. If you had more than one job during the year, calculate whether you've paid excess Social Security tax. In 1985, the maximum payment was $2,791.80. But if you paid in $2,000 on one job and then changed positions, your second employer will not stop withholding after he's taken $791.80. You can treat any excess payments as extra withholding.

7. When you're figuring the interest you received last year, make sure you don't add the interest on your IRA. It's an easy mistake to make if your bank lumps all your interest together when it reports to you at year's end.

8. Don't forget to deduct business-club dues and the cost of subscriptions that have a business or investment use.

9. People often overlook their out-of-pocket expenses when they volunteer for a charity. Mailing, phone and automobile expenses are all deductible; you get 12 cents a mile for car use. (Unfortunately, you can't deduct anything for the time you spent.)

10. If you donate any goods to a charity—clothing, athletic equipment, appliances, whatever—the fair market value is deductible. It's important that you obtain receipts, however.

11. This year is the last in which home energy conservation measures will qualify for tax credits. Don't forget to see if you're due credits for energy-saving changes in your home in 1985.

12. You may qualify for a child-care credit if you sent your child to camp to allow you and your spouse to work.

13. If you paid any interest to the IRS on late payments last year, you may deduct it.

14. Have you been carrying a load of debt on your credit cards and paying only the minimum each month? If so, remember that all interest charges are deductible.

15. Job-hunting expenses are deductible if you're looking for work in your current field (the cost of printing your resumé or traveling to other cities, for example).

16. The cost of any books or computer programs on investing or taxes is deductible.

17. Many people don't deduct the full amount of state and local taxes they paid in the previous year. Remember, you may deduct not only the amount withheld in 1985, but also any additional payments you made that year, including any balance due after withholding from 1984, and estimated taxes for 1986.

18. Do you have to travel between jobs or between your job and a class where you're taking job-related courses? If so, you may deduct those travel costs.

19. You may get an automatic four-month extension to file simply by applying for it, with form 4868. This is just an extension of time to file, not to pay taxes owed. You must still have paid 90 percent or more of what you owe for 1985 by April 15. Estimate carefully—underpayments may result in late charges.

20. Finally—and this one falls under the category of small satisfactions in life—you can deduct the 22 cents for the price of the stamp you use to send in your taxes.


She likes Scrabble.
He's at a loss for words.
But there's one taste they agree on.
BENSON & HEDGES 100's
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SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.



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LEGENDARY BEAUTIES

THE WORLD'S MOST BEAUTIFUL WOMEN

BY SUZY

LEADING COLUMNIST AILEEN MEHLE—BETTER KNOWN AS SUZY—CHOOSES THE WOMEN SHE CONSIDERS THE GREATEST BEAUTIES PAST AND PRESENT





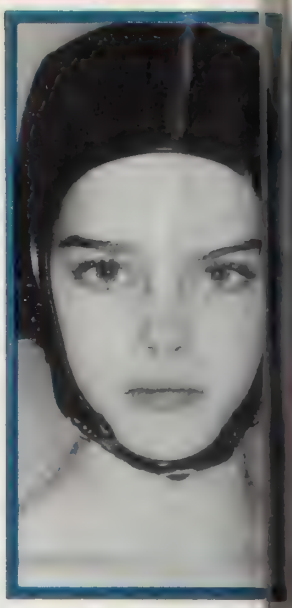


LEGENDARY BEAUTIES









I saw Ava Gardner at E
Morocco when that night
was *the* place to be. In th
ladies' room, she began t
cry over a man. It wasn't
long before Frank Sinatra
came along and dried tho
tears. She's now in her
sixties, and the years hav
taken their toll. But
whenever there is talk of
truly *great* beauties, it
is always Ava, Ava, Ava
whose name you hear.

I remember Marilyn
Monroe being rushed
through a theater lobby b
four husky heroes hired t
protect her. She was spun
sugar, a delectation
designed to fulfill men's
fantasies—but she could
never fulfill her own.

Elizabeth Taylor was
seventeen—and so was h
waistline—when I first lai
eyes on Miss Violet Eyes
The next time she was
twenty-eight and altogeth
ravishing. Today, whether
she is beautiful is up to h
her whims and caprices.

About twenty years ago
Ursula Andress walked
through a Las Vegas casi
and every slot machine in
the place came to a grind
halt. "What a face," I said
the high roller next to me.
don't know," he mumbled
"I'm still on the legs."

In the sixties Britain's m
fabulous model was Jean
Shrimpton. A world-class
beauty whose coltish gra
influenced thousands of
women. Such style.

At eight Brooke Shields
had a magical face. Her
eyebrows were strongly
marked, and her eyes we
fallen stars. She was muc
too beautiful to be anybod
Pretty Baby.





N

Brown Shoe Company



Baker's

Baker's® unveils its newest chocolate sensation—Chocolate Mousse Pie. It's a snap to make. And with the rich taste of Baker's® chocolate, it'll put chocolate lovers in ecstasy.

CHOCOLATE MOUSSE PIE

- 1 pkg. (8 squares) BAKER'S® Semi-sweet Chocolate
- ¼ cup water
- 8 eggs, separated (use clean eggs with no cracks in shells)
- 1½ tsp. vanilla
- ⅔ cup sugar

For best results use BAKER'S® Semi-sweet Chocolate.

1. Heat chocolate with water in saucepan over very low heat, stirring until smooth. Stir in egg yolks; add vanilla.
2. Beat egg whites in large mixing bowl until foamy throughout. Gradually beat in sugar until stiff peaks form, about 3 min. Stir a small amount into chocolate mixture to lighten; fold chocolate mixture into remaining whites. Pour 4 cups into a buttered 9-in. pie pan sprinkled with sugar. Chill remaining mixture.
3. Bake at 350° for 25 min. or until just set. Cool slightly; then chill 1 hr. Center will fall, forming shell. Spoon chilled chocolate mixture into chilled shell. Chill 3 hr. or overnight. Garnish with whipped topping and chocolate curls, if desired.

GENERAL FOODS



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Baker's.® The chocolate of great desserts.





PERFECT BEAUTIES ARE PERFECT IN EVERY WAY, AND THE SUM IS EVEN BETTER THAN THE PARTS

For me, there are two different kinds of beauties. Not pretties, not lovelies, not attractives, but *real* beauties. Drop-dead beauties. There are the perfect beauties, and then there are their sensuous sisters, those hot and sexy numbers. Which are fairer? Personally, I'm not sure. Can you really compare a rose with an orchid, the elegance of the ballroom with the mystery of the bedroom?

Perfect beauties are those who, when taken apart and examined under a microscope, are, well, *perfect*. And when put back together again, they are even more so!

To my mind, Jaclyn Smith is very close to utter perfection. She's a chameleon who can look prim-and-proper beautiful or hot-and-bothered beautiful, depending on the part she plays. With her cloud of dark hair center-parted over her perfect oval face and pulled back, she is a madonna. With the hair brushed into wild curls, she is a haughty, naughty beauty—with rose petals for skin and pearls for teeth. One summer day I saw her strolling along Madison Avenue wearing





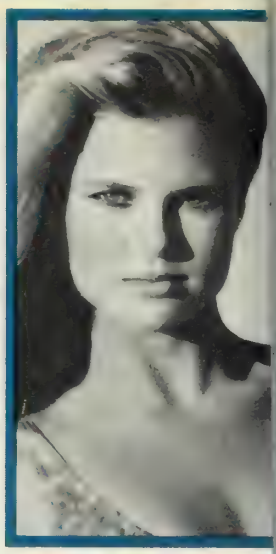
a little khaki shirt and little khaki shorts. Not exactly a superstar get-up. And how did she look? Perfectly beautiful, of course.

Never to be overlooked is actress Kim Basinger, a flesh-and-blood blond with the best mouth in the business. Depending on the smile, the pout, she runs the gamut from lily-loveliness to hold-that-tigress. With her wanton gorgeousness she has driven James Bond mad with desire on-screen—and heaven help the fellows in the audience.

I imagine Jane Seymour rising like Venus from the sea a la Botticelli or running barefoot, ribboned hat in hand, through a field of flowers à la television commercials—don't you? Like other perfect beauties, she can play a nun one minute, a tantalizing tease the next. On the stage in *Amadeus*, she was Mozart's most melodic melody, her breasts bursting from a bodice much too tight, her pink tongue licking ruby lips. Needless to say, she kept the men in the audience singing right along.

The supermodel Iman, also perfect, is a sable goddess with great vulnerable doe eyes and a neck that goes on forever. She is beautifully sinuous, with a bedazzlement as old as time and as of-the-moment as the clothes she models for the greatest designers in New York, Paris and Milan. In repose or on the runway, she is an exquisite carving suddenly breathed into life by some mischievous African god smitten by her magic.





HOT AND SEXY BEAUTIES SHARE WIDE MOUTHS, BIG EYES AND SENSATIONAL BODIES

What kind of beauties d men like? I don't have to tell you, do I? Men adore perfect beauties the kind even women can smile on somewhat benignly (sort of, kind of). But what they really go for is a very different story, the hot and sexy numbers. The ones who turn his head, who can even stop his heart if he looks long and hard enough. The ones who dare to wear a dress cut down to there in front and up to here in back. Maybe it's too much, too little, too infuriating, but it's always irresistible. Yes, hot and sexy beauties *are* obvious—like peonies in full bloom or flawless thirty-seven-carat canary diamonds.

English model-actress Kelly LeBrock sends out shock waves of sex appeal—hair that should be spread over a pillow, come-and-get-me-eyes, kiss-me-quick mouth. To say nothing about the incredible body. In *The Woman in Red,* with Gene Wilder, she gave notice to the world that from now on, hot and sexy beauties would be measured against Kelly LeBrock.

Christie Brinkley is a different delicious story. She's our all-American girl—tousled blond hair, long,



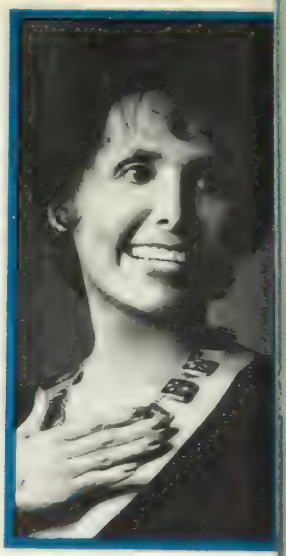


lissome legs, baby-blue eyes and a razzle-dazzle smile. At New York parties she reminds us of California, of big deals in Beverly Hills, big waves in Malibu. Christie, the golden girl from the Golden West that you can't wait to see in a swimsuit—or out of one.

Raquel Welch is in her forties—isn't that *inspiring*?—and she is still the quintessential sexpot, tiny waist, big bosom, kitten hips. Her hot Latin blood shows not only in her vital statistics but in her fiercely beautiful face—feline, like a Bolivian cat on a hot tin roof. She can sing sexy, dance sexy, act sexy, and she means it. Beauty is her business; she works at it, studies it like a science, has refined it to an art.

I've seen Princess Caroline in only the best places all over the world, at small dinners at the Baron de Rothschild's in France, at big receptions with the Reagans in the White House, and even in her own home-sweet-home, the palace in Monte Carlo. She is a Serene Highness, but there is nothing serene about Caroline's beauty. Her striking Mediterranean looks are inherited from her father's side. Darkly glamorous and full-lipped, she has a wonderful figure starring a perfect *poitrine* that she does not always keep under wraps. Even elegantly dressed by Dior and with her new dignity as a mama, Caroline remains the most torrid princess in the world—and sexier-looking than 99 percent of the commoners we know.





BEAUTY IS FLEETING—IT LOVES YOU AND LEAVES YOU. EXCEPT IN A FEW RARE CASES

Let us now praise beauties who endure. Example number one—Lena Horne. Now almost seventy, she has been a great beauty since her teenage Cotton Club days. When she steams up the stage, snapping her fingers and showing every flawless tooth in that great, gorgeous mouth, she still seduces an audience with her ageless allure.

My friend Clare Boothe Luce is an extraordinary, elegant woman. She's now in her eighties, but her blue-gray eyes and fresh complexion would be envied by a woman thirty years younger. If we are all very good, maybe when we grow up we will look like Clare, but we will never be as wise.

Catherine Deneuve is France's greatest star, a creature of orchidaceous blond looks, combined with what the French call *la beauté de diable.* Such a combination usually lasts a season. Deneuve gives the lie to all that nonsense.

Sophia Loren is a full-lipped, full-hipped legend. Look at her early pictures. Look at her today, honed by experience. She endures—part Earth Mother, part total discipline. All beautiful.





An Official Issue of the Royal Hawaiian Garden Society

The Glorious Flowers of the Hawaiian Lei

See Your Home Transformed Into A Royal Garden Paradise

A LIMITED EDITION

The Collection is the first in history to be accorded the official endorsement of The Royal Hawaiian Garden Society, awarded for excellence in porcelain and authenticity of each flower portrayed. The Historic Providence Mint has been appointed exclusive American distributor for this important limited edition.



Cabinet shown smaller than actual size of 9-1/2"x9-1/2"

This Magnificent Brass and Glass Display Cabinet is included at no extra cost when you reply within 21 DAYS.

Hawaii...spectacular garden paradise of the Pacific...where every happy occasion is celebrated by giving and wearing a different floral lei...

Over two years in the making, *The Glorious Flowers of the Hawaiian Lei* are a historic double commemorative in celebration of the 175th Anniversary of Hawaii's first king, Kamehameha I, and in celebration of the 25th Anniversary of Statehood. Official commemoratives are significant collectibles, often sought out actively in that market in future years.

Master artist-botanists hand-craft in porcelain the elusive details of life

Using perfect living flowers as their guide, the artists individually assemble each porcelain petal and bud, leaf and stem until flawless floral sculptures have been replicated.

Then, from a palette of 14 custom-mixed pigments, they brush on by hand the jewel-like colors of life. Every flower of the Collection is portrayed with every detail as close to life as art can be. No two are exactly alike; each is a hand-crafted original.

Tomorrow's heirlooms today

Hand-colored porcelain flowers are the aristocrats of the art world, and collectors normally expect to pay up to $50.00 each for porcelain flowers comparable in detail and quality to *The Glorious Flowers of the Hawaiian Lei.*

But with the economies of direct subscription, The Historic Providence Mint can bring you each hand-painted sculpture glowing with the colors of life -- for only $27.50, sent at the rate of two every other month (plus $1.00 each shipping and handling).

Receive the Elegant Brass and Glass Display Cabinet As Your Gift

To create a sparkling accent in living room, library or executive office, the gleaming Display Cabinet of glass and solid brass shown above will be sent after the second shipment at no extra cost. Inside, safe against dust and harm, *The Glorious Flowers of the Hawaiian Lei* will reveal all their charm and artistry.



Actual Size 2-1/4"x1-3/4"

Accept the first two flowers to display and treasure for 15 days -- risk free -- in your home

This heirloom collection consists of twelve sculptures and will not be available in stores. While future offerings may be made, with the edition closing forever at the end of 1987, you quite possibly may not receive another opportunity to participate at the original issue price. You risk nothing. Should your first shipment fail to please, merely return it within 15 days for a complete refund and nothing further will be sent.

However, to be eligible to receive the Glass and Brass Display Cabinet at no extra charge with subscription, you must mail the coupon within the next 21 days.

Priority Reservation 875

VALID 21 DAYS ONLY

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☐**YES,** please accept my reservation for *The Glorious Flowers of the Hawaiian Lei* limited edition. Reserve my first double shipment, "Gardenias and Straw Flowers," on approval. The special direct subscription price for each original sculpture is guaranteed to me for the entire collection. I understand that my sculptures will be sent to me at the convenient rate of two every other month.

I need send no money now! I will be billed prior to shipment in two equal monthly installments of $27.50* each. A cash or credit card option will be provided to me at that time. **(R 121)**

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THERE ARE BEAUTIES, AND THEN THERE ARE STYLISH GREAT LOOKERS

What makes the women in this last group stand out is a great look. And some of them have even invented themselves.

Tall, terrific Jerry Hall set out from a tiny Texas town to conquer Paris. She took on the rest of the world—and Mick—only a little later.

Elvis knew what he was doing. But Priscilla Presley has come a long way from Graceland. Today she has a fabulous face, a career and a best-seller.

A gorgeous female replica of her daddy, Harry, Shari Belafonte-Harper is a pint-size Venus you could put in your pocket—and you might want to keep her there.

Diana, Princess Charming. She smiles that radiant smile and we are her subjects, maybe her slaves.

Nancy Reagan has the fine, flowerlike look of a woman who is always immaculate, fresh and wonderfully put together.

Cheers for Diane Sawyer, her blond curtain of hair, her full mouth, her perfect skin, her smart, contemporary American style.

Jackie Onassis at fifty-six looks—up close and in a strong light—young, vibrant and totally Jackie, and so many women still wish they looked like her.

Photo credits on page 201.

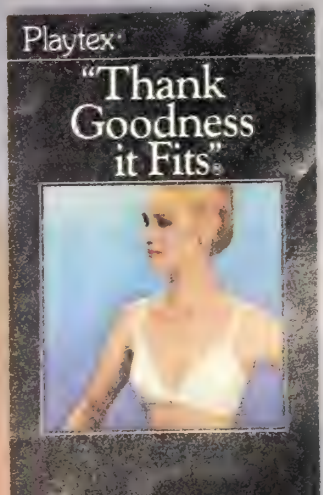


If you're an A, or nearly B, have we got the fit for you!

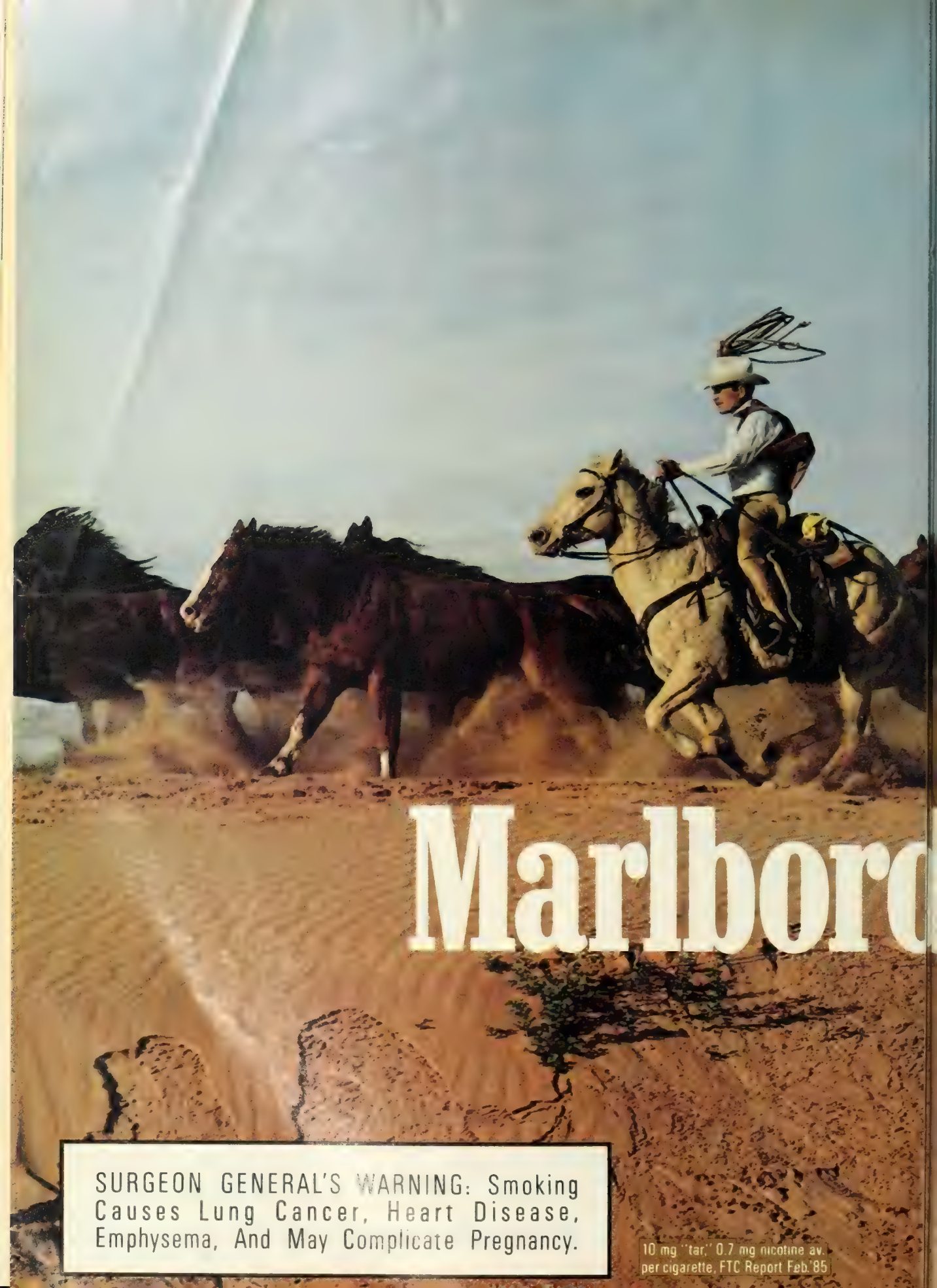
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MEDINEWS

The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse

UPDATE ON STRESS

HOW DO YOU HANDLE THE STRESS IN YOUR LIFE?



All of us experience stress from time to time, but not all of us handle it in the same way.

According to psychological studies at the University of Chicago, people who operate well under stress share some personality characteristics:

1. An ability to find meaning in life, to feel essentially involved in work, family and other activities.
2. A sense of being able to influence and shape what occurs in life.
3. An interest in change and a willingness to deal with new experiences.

Professor Salvatore R. Maddi, of the department of behavioral sciences, calls people with these traits "hardy" and adds that they are less likely to suffer medical problems caused by stress.

EATING WELL WHEN YOU'RE FEELING FRAZZLED

When you're under emotional stress, the last thing on your mind may be making sure that you're maintaining a healthy diet. But in times of stress, good nutrition is vital. There is a difference between what your body normally needs and what it requires to cope with the extra demands of stress.

"People under prolonged emotional stress should drink plenty of fluids," says Brian L. G. Morgan, assistant professor of nutrition and preventive dentistry at Columbia University's Institute of Human Nutrition, in New York City. Writing in a recent issue of *Rx Being Well*, he explains that during times of tension the body may conserve fluids and salt. Drinking more will actually encourage the body to excrete the excess fluids. He says that it's also a good idea to eat more potassium-rich foods, such as bananas, apricots, potatoes, spinach, chicken, milk and orange juice.

While some people may overeat or binge when stressed, others may lose their appetite. Those in the latter group especially should make sure they get plenty of protein and calcium by eating fish, dairy products, meat, poultry, beans, spinach and other leafy green vegetables.

Other nutrients most likely to be depleted during periods of stress are the B vitamins (found in cereals, vegetables and meats) and vitamin C (found in citrus fruits, tomatoes, cabbage and potatoes). If you are worried that you aren't able to eat properly when under stress, consider taking a vitamin-mineral supplement with a balanced assortment of nutrients in amounts comparable to the Recommended Daily Allowances.

THE FAT/FERTILITY LINK

A recent study reported in *Medical Tribune* has found that there is indeed a link between obesity, amenorrhea (lack of menstrual periods) and infertility.

The researchers, from the University of Hong Kong, believe that hormonal irregularities such as too much estrogen, too much androgen, or a problem with the hypothalamus and pituitary glands —all common with extreme overweight—may be responsible for obesity's effect on fertility. A similar study at the University of Mississippi produced the same results.

CHICKEN POX VACCINE

Not long from now, chicken pox will go the way of such other childhood diseases as measles and mumps. Researchers are close to perfecting a chicken pox vaccine, and *Medical World News* reports that doctors may be routinely immunizing healthy children against chicken pox within the next year.

The producer of the vaccine, which is manufactured in Japan, plans to submit data to the Food and Drug Administration in the very near future. When the vaccine is licensed for use in this country, it will most likely be given during a child's fifteen-month checkup, in combination with measles-mumps-rubella immunization.



Peter Spacek

A LIVING CONTACT LENS

A newly developed instrument and technique will allow doctors more success with cornea operations to correct nearsightedness and farsightedness. Doctors will be able to remove and shape a cornea from the patient or a donor without subjecting it to freezing or freeze-drying, thus producing a living contact lens.

Speaking at a recent meeting of the American Academy of Ophthalmology, Dr. Casimir Swinger, the developer of the new instrument, which he calls a keratome, explained that "by avoiding the freezing and freeze-drying processes, we avoid doing the kind of damage to the cornea that has reduced the surgery's effectiveness."


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BEST-SELLER BONUS

Joanna's husband and David's wife

BY ELIZABETH FORSYTHE HAILEY

A Journal exclusive! A poignant excerpt from the wonderful new novel every woman will understand



Hodges Soileau

Joanna had never planned to show her journals to anyone, least of all her husband, David. But when their daughter, Julia, told her she was moving out to live with her boyfriend, Joanna knew nothing could prepare her daughter better for what was to come than to read firsthand the story of how Joanna and David first fell in love and married. David, who had never read a word of these journals when they were being written, thought it only fair to add his own observations. Here, then, is a his-and-hers story of love, life, sorrow and joy.

1959 I did something today I've never done before—I asked a boy for a date. My motives for asking him were innocent enough. When I drove down to the newspaper to reclaim my summer job, I discovered he'd taken my place in the city room and I'd been assigned to amusements, where he wanted to be. So I offered to share the free tickets to *The Pajama Game* that came with the job, hoping somehow to make it up to him. But is that all I really *(continued)*

Excerpted from the book JOANNA'S HUSBAND AND DAVID'S WIFE, By Elizabeth Forsythe Hailey, to be published by Delacorte/Dell. Copyright © 1986 by Elizabeth Forsythe Hailey.


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For good nutrition straight from the heart.
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All it takes is Hunt's® Manwich, thick with tomatoes, chunks of onions, crisp bell peppers and zesty spices. Just pour it over your sizzlin' ground beef and mmmm—you've got a hot, hearty meal your family will love. *That's a Manwich Night!*

When it's dinner time and time's tight...

Hunt's MANWICH ORIGINAL SLOPPY JOE SAUCE

Just brown some ground beef & Have a Manwich® Night!™

Beatrice



JOANNA AND DAVID
continued

ant to happen? I think of all the plans have for my life after college—and yet still find myself wanting to end this y saying "Good night, David."

What am I getting into? After the now tonight, he took me to his house o meet his mother. Her name is Eula ee. If I had to describe a Eula Lee, he'd come pretty close to the mark.

You've never liked her. And now I discover you were taking potshots at her the night you met her.

he was pleasant enough, and her pineapple upside-down cake tasted better han it looked. We stopped at White Rock Lake on the way home—first time 've ever been kissed by a boy who wasn't drunk. I asked him to go with ne to *Wish You Were Here.*

First time I'd ever kissed a girl who adn't already picked out her china and ilver patterns. I was stunned to discover how much better they kiss.

I told him it was happening too fast—hat I wanted to go to graduate school after college, then travel. But he told ne he'd been accepted by Yale Drama School and was leaving the newspaper at the end of summer. I was impressed.

Thank God she was.

I think he must worry a lot about money. We've been seeing each other every night, and even though we eat casually—usually Mexican food or pizza—I suppose it adds up.

A girl who expected courses *at a Mexican restaurant? You bet it added up.*

On the way home from *Kiss Me, Kate* tonight, David asked me to marry him, and I said yes! Why not? I have another year of college in case I change my mind. But I'm not telling my parents we're engaged, not yet.

Even then I knew she was the smartest thing I'd ever do.

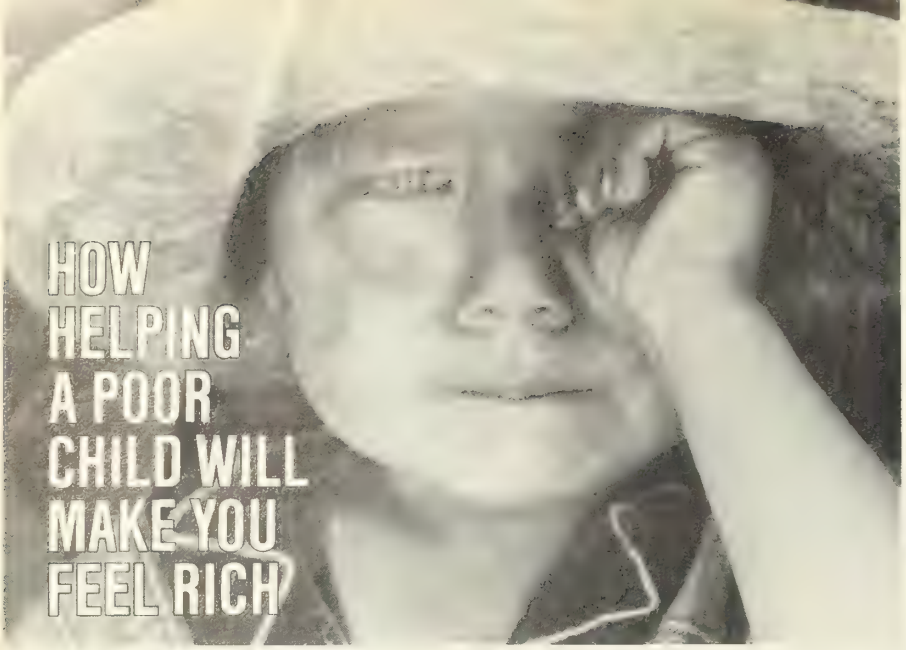
My parents insisted I invite David to dinner tonight so they could get to know him. What a mistake! I'm glad I haven't said anything to them about being engaged. The very thing I love about him—his passion in defense of anything that matters to him—put my parents on edge. If only he hadn't gotten started on what a great president Truman had been, who my mother kept referring to as "that ordinary-looking man." After David left, I asked my mother how she would describe me to a stranger. "Well, you have a wonderful smile," she began hesitantly.

"That's because I have too many teeth," I replied. "That's all people see when they look at me. I'm ordinary-looking, too—just like Mr. Truman. And so is David. But he makes me feel positively beautiful."

David took me to the Cattleman's Restaurant for a farewell dinner and told me to order the porterhouse—so I knew he was serious about wanting to marry me. He gave me a silver ring and said it was to make our secret engagement official, at least between us. I was too touched to think about eating, so as soon as we finished our salad, David told the waitress I wasn't feeling so well, and we drove to White Rock Lake and necked till dawn.

Back in those days nothing turned me on like not having to pay for dinner.

College is like a prison sentence after last summer. I keep touching my ring, which I wear all the time, and I write David every night before I fall asleep. Today I finally heard from him—a frantic note scribbled between classes—saying he thinks I should cancel the trip I'm planning to New Haven at the end of the month. His first *(continued)*



You feel many things when a child suffers in desperate poverty.

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Please act today. Thousands of poor children are waiting.

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☐ Please send me information and a photograph today of a child who needs my help. (I understand that if I decide to become a World Vision Childcare Sponsor, I'll send my first $20 payment within ten days. If not, I'll return the materials so someone else can help.) SI

☐ I prefer to make my first payment immediately. I enclose $20.

☐ I can't sponsor a child right now, but would like to contribute $_____.

1000

Name_____

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Phone (_____)_____

Your sponsorship payments are tax deductible.

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ECFA CHARTER MEMBER

JOANNA AND DAVID
continued

writing assignment is due, and h won't have any time.

I'd been on a high from the day I g to New Haven. For the first time in m life I was where I wanted to be—an there wasn't time for anyone else.

I called David and told him I was com ing to New Haven, like it or not. Whe I saw him waiting for me on the pla form, I knew I was right to come. I'v been telling my friends at college tha I'm engaged to an older man, but h looked as eager and excited as a ki just out of high school. I can't wait t start sharing his wonderful life.

We struggled to make conversatio on our walk to campus. But after Davi took me to his room, we didn't have t talk, and everything was a lot bette Later we ate hamburgers in front of roaring fire at a wonderful place calle George and Harry's. I love New Haver

Did she ever in her life sit in front of fire that wasn't roaring? She alway saw what she wanted to see.

David worked all night finishing hi play and this morning announced h was going to read it to me.

Hard as I tried to concentrate, couldn't keep the characters straigh Nor could I understand why they kep getting so upset with each other. If the were supposed to be a family, how coul they keep on saying such terribl things to each other?

When David finally finished, I was s depressed I didn't know what to say. told him I had to be alone for a while; just couldn't talk about it. He said h felt the same way when he saw *Lon Day's Journey into Night.*

I can't sleep. I feel like such an out sider in New Haven. David took me to party tonight but spent more time talk ing to our hostess than he did to me She's a published poet named Elain West who got a huge scholarship t study playwriting and seems to hav spent most of it on an apartment in new high rise at the edge of campus.

Pouring myself a glass of wine from gallon jug, I was wondering how soo we could leave when I heard David tell ing Elaine about his play. Suddenly felt very jealous and possessive. H made a date to read it aloud to he tomorrow as soon as he put me on th train. David was right—I should neve have come to New Haven.

I knew what she was feeling, but wanted her to see that there was n place for a wife in my life—before I ha to tell her—and leave quietly withou making a scene. *(continued on page 191*


Lenox.
Shown actual size

COOKING FOR TODAY

Nutritious microwave meals that will get you out of the kitchen fast. By Marcia Cone and Thelma Snyder



The Stock Market

PEPPERED CHOPPED SIRLOIN

Microwave time: 6 minutes plus 9 minutes to heat browning dish

- 2 pounds lean ground sirloin
- ½ teaspoon salt
- 2 tablespoons coarsely ground pepper
- 1 tablespoon butter or margarine
- 1 tablespoon brandy
- ½ cup beef broth
- 2 tablespoons sliced green onions

Heat a large microwaveproof browning dish on High 9 minutes.

Meanwhile, combine meat with salt and shape into 4 oval patties ¾ inch thick. Coat well with pepper. Melt butter or margarine on heated browning dish. Add patties, pressing down with spatula. Microwave on High 2 minutes. Turn and microwave on High 2 minutes more for rare. Transfer to serving platter. Add brandy to browning dish; ignite with long match. Shake dish until flame goes out. Add broth and green onions. Microwave on High 2 minutes. Pour sauce over patties. Makes 4 servings, about 435 calories each.

CHOUCROUTE GARNI

Microwave time: 19 to 21 minutes

- 2 slices bacon, cut into ½-inch pieces
- 1 onion, chopped
- 1½ pounds sauerkraut, rinsed
- 1 apple, peeled and coarsely chopped
- ½ cup chicken broth
- ¼ cup dry white wine
- 1 teaspoon caraway seed
- ¼ teaspoon pepper
- 2 tablespoons gin or ½ teaspoon juniper berries (optional)
- 1½ pounds smoked sausage, pricked and cut into 2-inch chunks

In 3-quart microwaveproof casserole combine bacon and onion. Microwave on High 1 minute or until onion is tender and bacon is partially cooked. Stir in remaining ingredients except sausage; cover tightly. Microwave on High 8 minutes, stirring once. Add sausage and cover with half the sauerkraut; cover tightly. Microwave on Medium 10 to 12 minutes, until sausage is heated through. Makes 4 servings, about 525 calories each.

HAM AND CHEESE MACARONI PIE

Microwave time: 9 to 13 minutes

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup milk
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 cup grated Cheddar cheese (4 oz.)
- 2 cups elbow macaroni, cooked according to package directions
- 6 ounces sliced ham, halved diagonally

In 10-inch microwaveproof glass pie plate microwave butter or margarine on High 45 seconds, until melted. Stir in flour and combine well. Add milk, salt and pepper; stir until smooth. Microwave on High 2 minutes; stir. Microwave on High 1 to 2 minutes more, until thickened and bubbling.

Remove from oven. Add cheese and stir until melted. Fold in macaroni. Arrange ham around outer edge; cover loosely with wax paper. Microwave on Medium 5 to 8 minutes, until heated through, rotating dish once. Let stand covered 2 to 5 minutes. Makes 4 servings, about 445 calories each.

MEATBALL HEROES

Microwave time: 15 minutes

Meatballs

- 1 pound lean ground beef
- 2 tablespoons minced onion
- 1 slice bread, soaked in water and squeezed dry
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon chopped parsley
- 1 egg, beaten
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Sauce

- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 can (28 oz.) plum tomatoes with basil, drained and chopped
- ¾ teaspoon salt
- ½ teaspoon oregano
- ¼ teaspoon freshly ground pepper
- 3 tablespoons grated Parmesan cheese

- 4 hero rolls, heated

Meatballs: In 10-inch microwaveproof glass pie plate combine all ingredients until well blended. Shape into 1½-inch balls. Arrange in 2 concentric circles in plate; cover loosely with wax paper. Microwave on High 4 minutes. Turn meatballs and rearrange inner circle around outside; re-cover. Microwave on High 2 minutes. Pour off juices and let stand covered.

Sauce: In 2-quart microwaveproof casserole combine garlic and oil. Microwave on High 1 minute. Stir in tomatoes, salt, oregano and pepper; cover loosely with wax paper. Microwave on High 5 minutes, stirring once. Stir in cheese. Add meatballs; re-cover. Microwave on High 3 minutes or until heated through, stirring once. Divide among hero rolls. Makes 4 sandwiches, about 510 calories each. **End**



A rare offer to save on a Jenn-Air.

It isn't often that you can get a Jenn-Air Grill-Range at factory closeout prices.

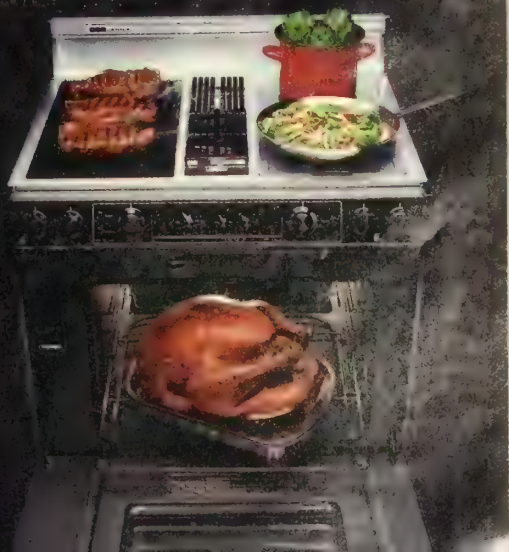
But between now and May 15, Jenn-Air dealers will be closing out their entire stock of S105 and S125 Grill-Ranges to make room for our new models.

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All at a price that's below what you normally expect to pay for a Jenn-Air.

Better see your participating dealer soon though. This offer is good only while supplies last. And at Factory Closeout prices, they may not last long.



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TRAVEL TALK

Summer camps for older children, free flights to Europe and choosing a hotel in Washington, D.C. By Lois Reamy

THE SMART TRAVELER

If you're planning to visit an unstable part of the world, call the State Department's Citizen's Emergency Center (202-632-5225). The department advises prospective travelers of any potential civil unrest or natural disaster, and changes in customs and visa requirements.

WHEN THE KIDS OUTGROW SUMMER CAMP

Here are some interesting options for kids who are too old or sophisticated for summer camp.

● ***CINNAMON LIVING AND LEARNING CENTER***

For kids aged thirteen to seventeen, at the Cinnamon Bay Campground in the U.S. Virgin Islands National Park on St. John. The Campground is managed by Rockresorts (whose lush Caneel Bay resort is nearby). One- and two-week environmental studies and recreation programs feature marine biology and a Peter Burwash tennis school and are about $500 a week. (Limited scholarships are offered.) The center is operated by War Bonnet/Wilderness Pathways, RFD 1, Box 29, Canaan, NH 03741, 603-523-4276.

● ***JOHN GARDINER'S TENNIS CAMP***

For children aged nine to sixteen, in Carmel Valley, California. Here, all levels of players practice the world-famous Gardiner method: "Hit a million balls." The three-week sessions are about $1,500. For more information contact

(continued on page P.S. 11)

VENICE: A DREAM VACATION

We took our one-year-old, and it was fun for her—and romantic for us! By Constance Leisure

My husband, Steven, and I had traveled to Europe every year on our vacations until the arrival of our baby girl. We then curtailed our foreign travel for a while. But when Clemmie was a year old we decided to take her with us to Venice. We chose that city because even though it's not the easiest place to get to (flying from New York, you must change planes at London, Paris, Rome or Munich), we wanted to go someplace very beautiful—but not to a ***(continued on page P.S. 12)***



The restaurant Da Lionel

The Stock Market/Bill Wasserman

It's a feeling of exhilaration. A feeling that you can only get from a personal driver's car like the new Somerset T Type Coupe. A feeling that comes from much more than the special blackout trim and dark lower body panels that set this Somerset apart.

There's a special handling package with a beefier stabilizer bar, performance spring rates and special shock valving to give it poise. Big Eagle GT steel-belted radials on wide alloy wheels to give it a grip on the road. And a 3.0-litre, electronically fuel-injected V-6 mated to a three-speed automatic transmission to move it all out smartly.

Inside, there's an electronic digital readout instrument panel that displays information quickly and graphically.

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Give me the magic



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To really understand how deliciously thick West Virginia Brand Thick-Sliced Bacon is, hold pages 12-76 of this magazine between your fingers.

Or try this: Put West Virginia Brand Thick-Sliced Bacon between your teeth. Then you'll also understand how sweet and smoky it is. Because it's slow-cured and sliced in extra wide ribbons of tender meat. But after a taste, you still may not fully comprehend how deliciously thick it is. Many don't. Why else do they keep taking the test bite after bite? © 1985 Hygrade Food Products Corp., Detroit MI 48219



West Virginia ® Brand Thick-Sliced Bacon

WOMEN GETTING AHEAD

Job hunting and making friends at work—tips from an expert on women and careers. By Shirley Sloan Fader

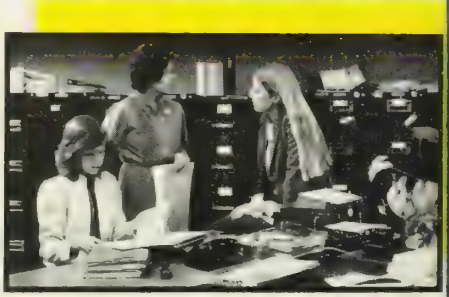
Q NAMES MAKE A DIFFERENCE

Job-hunting advice always says you get much better results when you write using a person's name instead of "Dear Personnel Director" or "Dear Sales Vice-President." But how do I get hold of individual names for organizations where I'd like to apply?

A Phone the company and ask for the office of the person in charge of the department you're interested in. Get the complete name and title of that person. Most companies are willing to supply such information. Be sure to check the spelling as you take down the name. Even something that sounds easy, like Jane Smith, can trap you with variations such as Jane Smyth or Jayne Smithe. Nothing alienates business people faster than letters with incorrect titles or misspelled names.

Q CAN'T MAKE FRIENDS

After three months of trying, I still haven't been able to make friends at my new job. I've always done well socially at the other places I've worked. What might I be doing wrong?



A Every group of co-workers has subtle differences in standards of behavior. Sometimes even your positive qualities—a sense of humor or being attractive—can count against you if a particular trait doesn't fit the group's attitudes. Since you've never had such troubles before, it's likely that your co-workers are the problem, not you. They might just need more time to get used to you if, for example, the group has worked together for a long time with few personnel changes. On the other hand, if things don't start to improve soon, you might want to consider finding another job where you can be accepted as you have been in the past.



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SUPERSEAL

LOOKING GOOD

Savvy dressing, getting in the mood for exercise, and revitalizing winter-weary feet. By Constance Leisure

WHAT TO WEAR WHEN YOU WANT TO LOOK THINNER

According to Bonnie August, who designs bodywear and is the author of a book on looking thin, there are specific ways to dress to appear slender. Here are her most important techniques.



Andrea Alberts

Pierre Houles

SHOULDER PADS

When you widen your shoulders, you will automatically look narrower all over. Shoulder pads are most thinning for those who tend to have a bottom-heavy or pear shape. A designer's trick: Try using double-sided tape when you put shoulder pads in shirts, jackets and sweaters.

DRESS IN ONE COLOR

"It elongates the whole body," says Bonnie. Match your pantyhose to whatever color outfit you're wearing (opaque is more effective than sheer). Your shoes should be matching or dark.

JEWELRY

Emphasize your good points. Use important-looking earrings to draw attention toward your face. The vertical line of a long necklace can also be slimming. Wear bracelets if you have pretty hands. Bracelets also make arms seem more slender.

JACKETS

Anyone with what Bonnie calls a middle body problem—no waist, large bust, wide hips—can use a jacket to cover or deemphasize the area. Jackets are narrower at the bottom this year, for an even more streamlined look.

SPRINGTIME EXERCISE TIPS

WANT TO GET MOTIVATED AND START EXERCISING?

1 Find an exercise class that appeals to you and sounds like fun. If you can find something you really enjoy, you'll want to exercise regularly.

2 Join with a friend to keep your motivation high.

3 Before beginning, weigh yourself and measure chest, waist, hips and upper thighs. Keep a chart, then weigh yourself only once a week and remeasure once a month—you'll notice real progress, and that will give you the incentive to continue.



The Stock Market/Tom Mart

FABULOUS FEET

Beautiful feet need maintenance, especially in wintertime, when you've been wearing boots and heavy shoes. Give yourself a pedicure once a week. Remove polish. Soak feet for five minutes, then use a pumice or rough synthetic stone to remove callouses. Dry feet thoroughly—especially between toes. Then cut or file toenails straight across; never round them or cut into the corners. Apply cuticle cream or moisturizer and push back cuticles with an orange stick. Massage feet and ankles with a moisturizer. Reapply polish.

ANTI-ACHE PRESCRIPTIONS

- Soak feet for ten minutes in warm water with baking soda and bath oil.
- After you soak feet, apply a good cream, wrap each foot in a plastic bag and elevate feet for five to ten minutes.
- To keep calf muscles flexible, vary heel heights of shoes, and go barefoot whenever possible.
- Massage soles of feet with vinegar for an invigorating rub.



YOU'LL FIND WEATHER TAMER® AT THESE FINE STORES AND THEIR BRANCHES (Pink Coat Style on the Left is noted as "A", and Lilac Coat style as "B" following the store name to indicate style availability): **NEW YORK,** Abraham & Straus (A); **CHICAGO,** Carson Pirie Scott (A,B); **BALTIMORE,** Hutzler's (B); **CLEVELAND,** May Co. (A); **BATON ROUGE,** Bon Marche (A); **CHARLOTTE,** Belk (A,B); **RICHMOND, VA,** Thalhimer's (B); **SYRACUSE,** Chappell's (A,B); **LEAVITTOWN, PA,** Pomeroy's (B); **SPRINGFIELD, MA,** Steiger's (A,B); **PHILADELPHIA,** Strawbridge & Clothier

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You're never going to know just how good a cook you are until you get a better stove from Caloric—in gas or electric. Because a better stove makes a better meal.

No wonder you don't cook your grandmother's 5-hour spaghetti sauce anymore. It takes you 6 hours just to clean the stovetop.

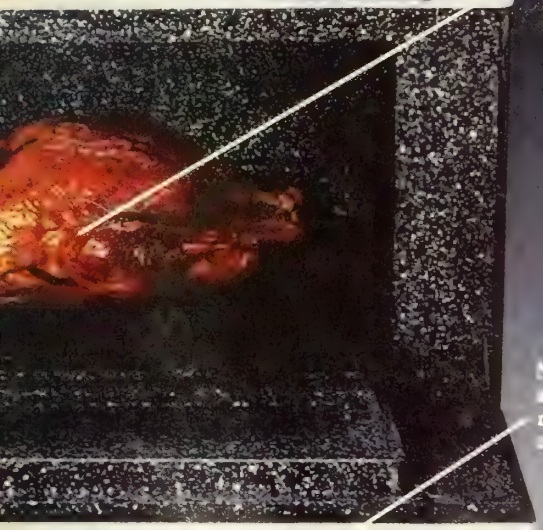


Caloric's self clean oven cleans itself completely and automatically. And the range top lifts off for easy cleaning.

Caloric's Exclusive Ultra Ray Broiler—in both gas and electric ranges—cooks steaks with infrared heat for a charbroiled flavor.



No wonder you go to your in-laws for Thanksgiving dinner. You can barely fit in a skinny turkey—let alone all the trimmings.



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AMERICAN TRAILS WEST

teenagers aged thirteen to eigh- n. Three- to eight-week explore- erica motor-coach tours, with ions to camp out or sleep in ho- . (There are trips abroad, too.) cost is about $3,000 for a six- k camp-out. Write or call Ameri- Trails West, 92 Middleneck d, Great Neck, NY 11021, 516- -2800; 800-645-6260 outside v York State.



Jaime Ardiles-Arce

NYC HOTEL FIND

The sparkling little Lowell, in New York's fashionable East Sixties, is that rare hotel discovery with wood-burning fireplaces in many of its rooms and a friendly staff to unpack while you relax. All units have the luxury of full kitchens. Typical double rates are $180 for studios; $300 to $340 for junior suites. The Lowell Hotel (212-838-1400) is at 28 East 63rd Street, New York, NY 10021.

FLY FREE TO EUROPE

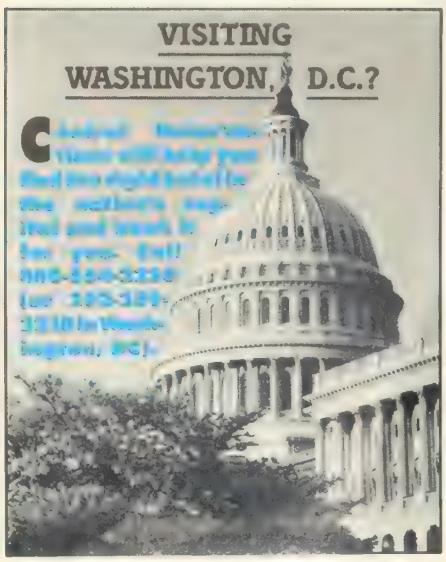
The Regent, Fairmont and Ritz-Carlton hotel chains have joined Inter-Continental Hotels in its reward program, USA PLUS. These hotels will give one free round-trip economy ticket to Europe on Pan Am or American Airlines to any guest staying a total of eight nights at any one or a combination of seventeen designated hotels before September 1, 1986. Call 800-327-0200 or 713-999-3939 for more information on the program.

KIDS OF THE WORLD

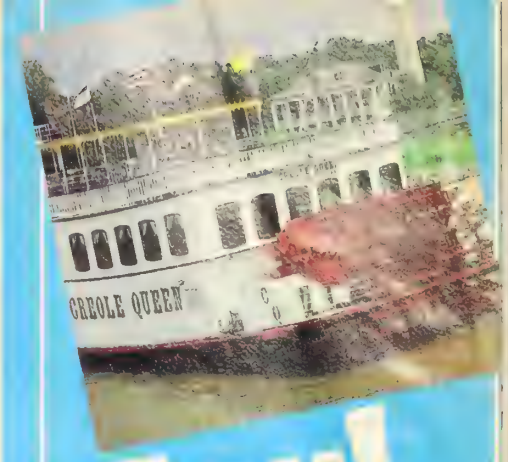
There is an international Club Med for eight- to thirteen-year-olds exclusively in summer, with sports and discussion groups, plus theatrical and language workshops. Club Med, 3 East 54th St., New York, NY 10022, 212-751-4271.

AMERICAN INSTITUTE FOR FOREIGN STUDY

This organization runs trips year-round to Europe, Africa and Mexico for the pre-college group, who can even earn college credits. The address is 102 Greenwich Avenue, Greenwich, CT 06830.



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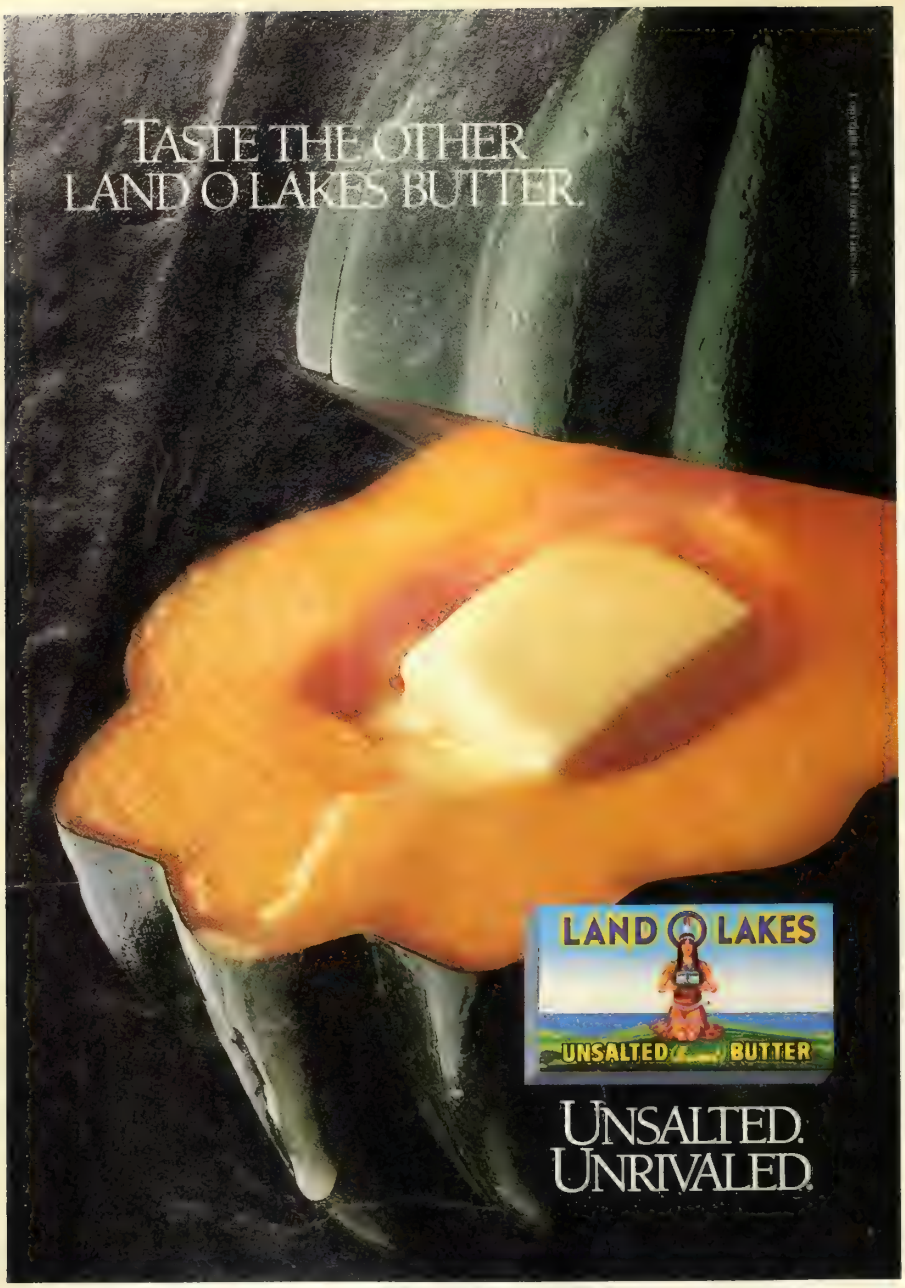
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TRAVEL TALK (continued from page P.S. 4)

resort—and we wanted good food. Venice seemed perfect, and there was an added bonus—no cars. Once in Venice travel is all on foot or by boat, and everything is easily accessible. Finally, we love Venice and knew Clemmie would, too.

We decided to stay at one of Venice's top hotels, so that we'd have some luxurious extras.

The Londra Palace met all our requirements. Located on the Riva degli Schiavoni, our room overlooked the lagoon and the beginning of the Grand Canal—a glorious view. The service was impeccable. Clemmie had a crib with hand-embroidered sheets, and the hotel had a list of baby-sitters they called whenever we needed one.

Every morning we strolled to the Piazza San Marco, one of the most beautiful squares in Europe, for coffee at the venerable Café Florian. Standing with children of all nationalities, Clemmie fed the pigeons. Steven and I were sure that she was affected by the beauty of the pink Doges' Palace, the gold-flecked Byzantine cathedral and the glorious proportions and harmony of the square. She seemed so happy and excited—maybe because we were, too!

You can travel all over Venice on the *vaporetti*, the water buses, for about sixty cents. There's no problem with a stroller—even during rush hours people made room for us and smiled and waved at Clemmie, who loved traveling by water. We took her to the Lido—Venice's beach—by vaporetto. There we walked to a free public beach where we swam in the warm, clear Adriatic.

Venice is renowned for its seafood. The estuaries surrounding this city that literally rises out of the sea are chock-full of dime-sized clams that are served steamed with garlic or in a sauce over spaghetti. Other Venetian seafood specialties include *canolichie* (razor clams), *datteri* (date clams), squid so tiny that when it's fried it looks like a mound of golden popcorn, and the famous *coda di rospo* (tail of the monkfish). And don't miss *tagliolini a la granseola* (noodles with Venetian crab). We had the *tagliolini* at Do Leoni, the restaurant at the Londra Palace that specializes in seasonal cooking and traditional and nouvelle Venetian cuisine. Do Leoni (which means "the two lions") is known in Venice because both the chef and the maitre d' are women—the "two lionesses"—who impart a very special touch to the cooking, service and atmosphere of this chic restaurant.

Some of the other eating places we sampled and enjoyed included Madonna, right near the Rialto bridge. Al Graspo d'Ua on the other side of the Rialto was also excellent and fun. And, of course, Harry's Bar still has the reputation for the finest cuisine in Venice—eat downstairs by the bar if you want to people-watch.

Better even than the food in Venice are the sights, and the way to discover Venice for yourself is simply to walk. But don't worry: Getting lost is one of the great pleasures of Venice because you'll always find something new and amazing.

Steven and I are art lovers, so we also took Clemmie to many museums. We'd been waiting for years for the renovation of Venice's most famous palace, the Ca' D'oro. It has recently reopened to the public, and it was worth the trip just for the view of the Rialto bridge from its terraces. Be sure to visit the Accademia, which houses Giorgione's famous "La Tempesta" along with some of the most masterful Renaissance painting on view anywhere in the world.

And whatever else you do, don't neglect to take a gondola ride. At night, when you're on a tiny, dark canal and all you hear is the sound of the water dripping from the gondolier's oar, and all you see is the reflection of a dark palazzo in the gently moving water—that's Venice at its most breathtaking and its most romantic. **End**

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Chunky Salmon Salad with Easy Lemon Dressing

½ cup vegetable oil
¼ cup ReaLemon® Lemon Juice from Concentrate
¼ cup sliced green onion
1 tbs. Dijon-style mustard
1 tsp. sugar
½ tsp. salt
Mix ingredients well and chill.

Flake Hormel Skinless and Boneless Chunk Salmon with a fork. Arrange salmon chunks on the lettuce leaves and pour dressing over the top. Garnish and serve.

For salmon recipes and $1.50 in Hormel coupons, send a self-addressed stamped envelope to Hormel Salmon Recipes, P.O. Box 5000, Austin, MN 55912

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Shamrock silk pie

	15-oz. pkg. PILLSBURY ALL READY PIE CRUSTS		
1	teaspoon flour		
1	3-oz. pkg. PHILADELPHIA BRAND Cream Cheese, softened	1 2	cup semi-sweet chocolate pieces, melted
1 4	cup sugar	1 4	cup IRISH MIST LIQUEUR
2	tablespoons flour	1	8-oz. container (3 cups) LA CREME Whipped Topping with Real Cream, thawed
2	eggs		
1	tablespoon IRISH MIST LIQUEUR		Few drops green food coloring

Prepare ALL READY PIE CRUST according to package directions for filled one-crust pie. (Refrigerate remaining crust for later use.) Heat oven to 375°

In a large bowl, combine cream cheese, sugar and flour, mixing at medium speed on electric mixer until well blended. Add eggs, chocolate and IRISH MIST LIQUEUR; mix well. Fold in 1 cup LA CREME Whipped Topping; pour into ALL READY PIE CRUST lined pan. Bake at 375°, 30 to 35 minutes or until knife inserted in center comes out clean. Cool. Combine remaining LA CREME Whipped Topping, IRISH MIST LIQUEUR and food coloring; spread over pie. 8 servings

Variation: Substitute 1/4 cup milk and 1/2 teaspoon brandy extract for IRISH MIST LIQUEUR in baked filling. Substitute 1/4 teaspoon brandy extract for IRISH MIST LIQUEUR in topping



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Carnation, of course. Course after course.

Tasty dishes from The Cooking Milk and Holland House, The Cooking Wines.

SPRINGTIME ORANGE SAUCE

- [illegible] butter
- [illegible] flour
- 1 [illegible] CARNATION Evaporated Milk
- ¾ C [illegible] juice
- ½ C HOLLAND HOUSE White Cooking Wine
- 3 Tbsp. sugar
- ¼ tsp. salt

Melt butter in medium saucepan. Stir in flour until smooth. Remove from heat. Gradually stir in evaporated milk, orange juice, wine, sugar and salt. Cook over medium heat, stirring constantly, until mixture just comes to a boil and thickens. Serve warm over baked or broiled chicken, turkey, pork, or veal sprinkled with chopped fresh chives or basil (optional). Makes 2½ cups sauce.

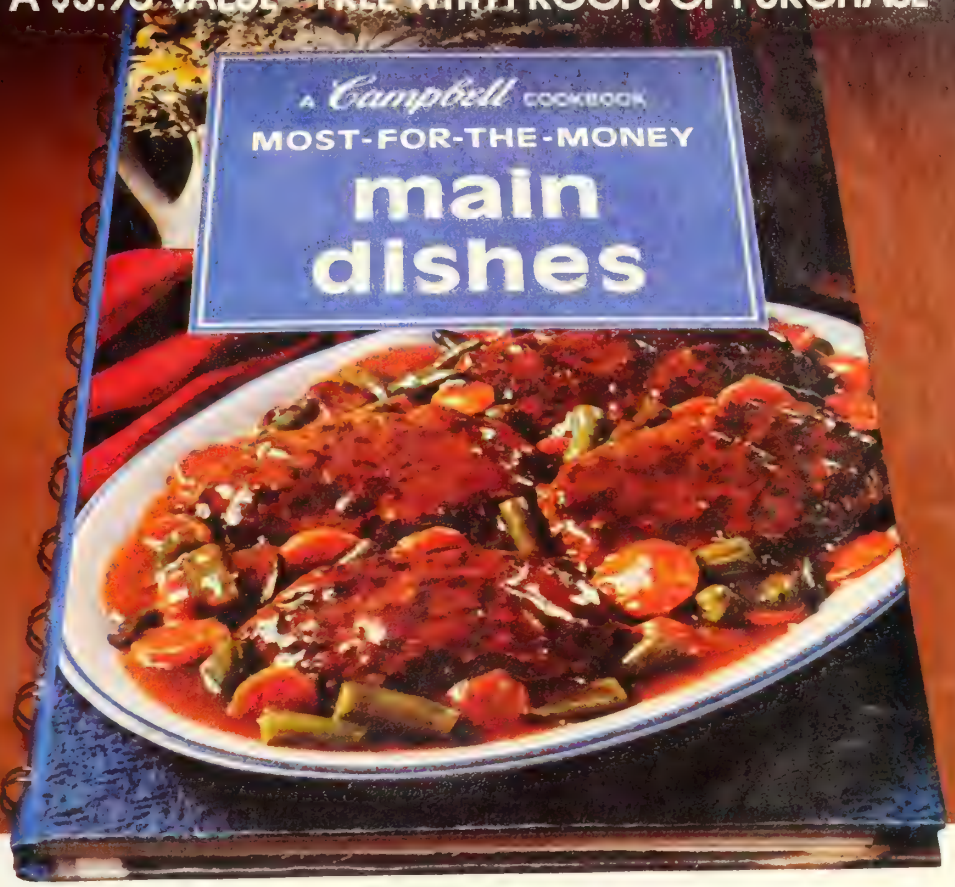


See recipes on the left for more delicious ideas you can enjoy every day.

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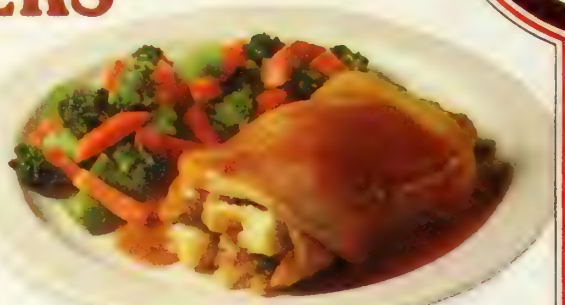
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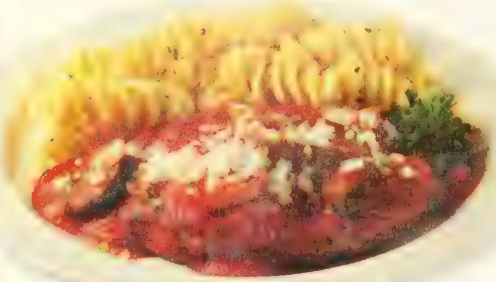
Best of all, it's FREE when you send purchase proofs from American Beauty Egg Noodles, VELVEETA Slices Pasteurized Process Cheese Spread and *Campbell's*® Soups. With this handy cookbook and these three good-tasting, quality products, you'll be enjoying a whole new world of marvelous meal ideas. So clip the handy order form at right* and send for your FREE Cookbook today!

*ORDER FORM GONE? Look for order forms on display in participating stores, or send a self-addressed, stamped envelope to: Most-for-the-Money Cookbook Order Form, P.O. Box 9961, Maple Plain, MN 55393. **Offer good until December 31, 1986.** Order form requests not honored after October 31, 1986. 1986 Campbell Soup Company, Kraft, Inc. and Hershey Foods Corporation. Campbell's is a registered trademark of Campbell Soup Company.

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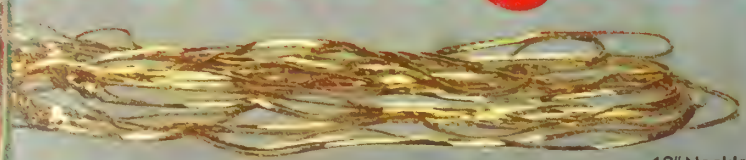






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LHJ 3/86



Shape up!

MARINE FITNESS FOR YOU

THIS SURPRISINGLY SIMPLE PROGRAM BASED ON ONLY THREE EXERCISES CAN KEEP YOU TONED, TERRIFIC AND IN FIGHTING TRIM. BY MARTIN COHEN

Three cheers for the women of the United States Marine Corps, the fittest and trimmest of all the armed services, and three cheers more for their unique conditioning program. For more than a decade, Marine conditioning has been the most successful of the armed services' fitness programs. The Marine exercise regimen is straightforward, timesaving, easy to learn, and—you may be surprised to find out—designed for women a lot like you.

Today's Marine woman probably has a schedule very much like your own. Ranging in age from eighteen to fifty-five, she is likely to be working in an administrative or clerical job. At night, she may be studying for a degree or keeping house for a husband and children. But she still must find time to stay in fighting shape.

What's great about this program is that it consists of just three basic exercises. To formulate your own program, select one exercise from each of the following three categories. Each category is based on a single exercise with *(continued)*

At Basic Training School, in Parris Island, South Carolina, these women Marine recruits are put through their paces by drill instructors who teach them a super-energizing fitness routine. Sound off!



Ross Whitaker

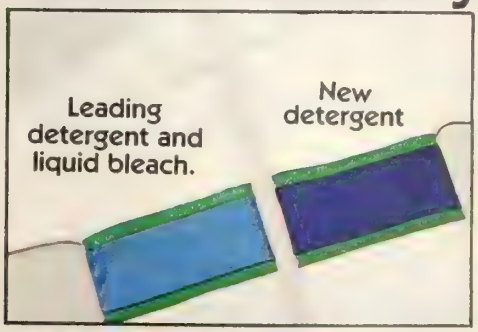
This article is adapted from the new book THE MARINE CORPS 3X FITNESS PROGRAM, by Martin Cohen, published by Little, Brown and Company.

GUESS!

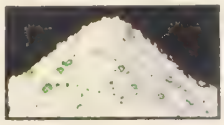
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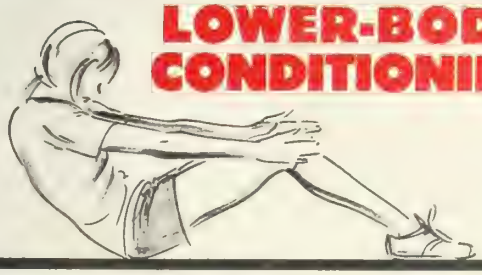
Shape up! continued

variations that gradually increase in difficulty. Begin with Level 1, the easiest version of the exercise, or choose a variation that is compatible with your present level of fitness. Take time to do the exercise correctly. Practice until your coordination is smooth.

It is important that you exercise at least three times a week on alternate days. If you split up your program and do your sit-ups and push-ups at a different time of day than your run/walk, be sure to give yourself a warm-up before running. Try to push yourself beyond the comfort level. If you take it too easy, you're wasting your time. But don't worry if you can't get to the highest workout level. If you're satisfied with your appearance and endurance, follow a maintenance program at that level. Remember, of course, to get your doctor's permission before beginning this or any other fitness program.

The program that follows is based on interviews with Marine women and includes exercises used at the Officers' Candidate School, Quantico, Virginia, and Basic Training School, Parris Island, South Carolina.

LOWER-BODY CONDITIONING



PURPOSE: To develop hip flexors and abdominal muscles; to overcome pelvic tilt and curvature of the spine by strengthening the pelvic girdle; to prevent lower-back pain and at the same time contribute to better posture and coordination.

THE EXERCISE: The primary workout used for lower-body conditioning is the Marine sit-up. Exercises at lower levels are variations of the sit-up.

DO IT RIGHT: The starting position for all exercises in this category is the supine position, with head and back resting on floor and knees bent. The angle of the knees is determined by keeping feet flat on the floor. Your feet must be anchored under a bookcase, sofa, bed or other stationary object. Each exercise requires bringing your head and chest toward your knees. Develop the habit of curling your body forward using only stomach muscles, rather than snapping up, which may strain muscles. Breathe out during count 1, in during count 2. *(continued on page 90)*

UPPER-BODY CONDITIONING

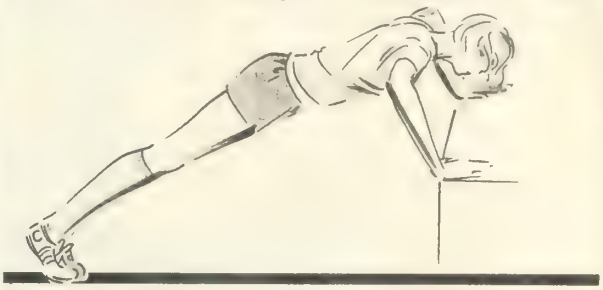
PURPOSE: To strengthen muscles in arms and shoulder girdle, which promotes good posture, endurance and maximum performance at work and in sports; also helps prevent lower-back pain.

THE EXERCISE: The workout most commonly used by Marine women for upper-body conditioning is the push-up or modified push-up.

DO IT RIGHT: In the starting position, feet and legs should be parallel. Hands should be about shoulder distance apart, with palms and fingers flat against the wall, floor or other surface. Whether doing a push-off or push-up, your body should be straight from heels to head. Breathe in during count 1, out during count 2.

PROGRESSION: Do as many repetitions as possible at the level you have chosen. When you can do ten to fifteen continuous repetitions, move on to the next level.

LEVEL 1: Wall push-off Stand about two feet from wall. Place your hands on the wall at shoulder level. Keeping your elbows locked, lean into the wall. Your hands should now be supporting the weight of your upper body as if you were doing a vertical push-up. Two counts: 1. Bend elbows outward, bringing your body forward until your nose touches the wall.



2. Return to starting position. Note that you will stretch your Achilles tendon by keeping your feet flat on the floor. This is useful as a warm-up before running and is also an excellent stretching exercise for women who wear high heels.

LEVEL 2: Chest push-off Use a piece of furniture, such as an upright piano or chest of drawers, that stands as high as your rib cage. Take the starting position described above with your hands firmly positioned on the top side of the furniture. Your body weight should now be resting on your hands and your toes and the balls of your feet. Two counts: 1. Bending elbows outward, lower your *(continued on page 90)*

CARDIORESPIRATORY CONDITIONING

PURPOSE: To improve the efficiency of the heart, lungs and blood vessels; to increase vigor and the ability to function under stress; to condition hips, thighs, knees and ankles; to burn off body fat and maintain desirable body weight.

THE EXERCISE: Running, walking, jumping or any other exercise that stimulates the pumping action of the heart is an effective cardiorespiratory workout. A run of 1.5 to 3 miles is the primary exercise of most Marine women. This category includes a modification of the run called the run/walk.*(continued on page 90)*

THE ULTIMATE STANDARD

Minimum Acceptable Performance for Marine Women at the Most Difficult Level (Maintenance)	Age 17-24	Age 25-31	Age 32-38	Age 39-45	Age 46-55
Sit-ups (Lower-body conditioning)	22	20	18	18	17
Push-ups (Upper-body conditioning)	15	14	13	12	10
Cardiorespiratory conditioning (1.5 mile run in minutes)	15	16	17	18	20

Susan Hancock

LOWER-BODY CONDITIONING *(continued)*

PROGRESSION: Do as many repetitions as possible at the level you have chosen. When you can do fifteen to twenty continuous repetitions, move on to the next level.

LEVEL 1: Sidearm curl Two counts: 1. With arms at sides, curl your body forward, first tucking your chin against your chest; continue curling, raising your arms for balance, until your shoulders are about ten inches off the floor or until you can see the tops of your knees. 2. Return to starting position.

LEVEL 2: Hip curl Same as above with hands on hips.

LEVEL 3: Head curl Same as above with fingers interlaced behind head.

LEVEL 4: Sidearm sit-up Two counts: 1. With arms at sides, curl forward to touch head to knees. Do not use your hands or arms for support. Arms are parallel to floor and should be used only for balance. 2. Return to starting position.

LEVEL 5: Hip sit-up Same as above with hands on hips.

LEVEL 6: Marine sit-up Same as above with fingers interlaced behind head.



UPPER-BODY CONDITIONING *(continued)*

body until chest barely touches the surface. 2. Return to starting position.

LEVEL 3: Waist push-off Same as above using a waist-high surface such as a table or kitchen counter as your base.

LEVEL 4: Knee-high push-off Same as above using a bed, sofa or other surface that comes to your knees.

LEVEL 5: Marine push-up Prone position with your body supported by your hands and knees. Two counts: 1. Keeping back straight, bend elbows outward and lower your body until your chest barely touches the floor. 2. Return to starting position.

CARDIORESPIRATORY CONDITIONING *(continued)*

DO IT RIGHT: The proper form when running or walking requires that your body be upright, not stooped, with elbows flexed and arms pumping along the sides of your body, not across the chest. To avoid injury to feet and knees, feet must be parallel, toes never pointing in or out. Run on your whole foot, not just your toes. Stay relaxed and keep your head up.

PROGRESSION: The key to cardiorespiratory conditioning is the run/walk. Think of it as a two-count exercise. 1. Run until you feel a little fatigued and winded, but not to the point of exhaustion. 2. Without pause, begin walking *briskly*. When your wind returns, begin running again. Continue to alternate running with walking. If you are out of condition, you will spend more time walking than running in the beginning. As your condition improves you will run for longer periods.

LEVEL 1: Run/walk until you can cover 1 mile in 11 minutes.

LEVEL 2: Continue run/walk until you cover 1 mile in 10 minutes.

LEVEL 3: Same as above until you can run 1.5 miles in 15 minutes.

LEVEL 4: Same as above until you can run 2 miles in 20 to 23 minutes.

LEVEL 5: Same as above until you can run 2.5 miles in 24 to 27 minutes.

LEVEL 6: Same as above until you can run 3 miles in 29 minutes. Note: As your condition improves, lengthen your stride instead of increasing the number of smaller steps.

WARM-UP: Sit-ups and wall push-offs will limber up skeletal muscles before a cardiorespiratory workout. To warm up your heart, lungs and vascular system, start running at a slow to moderate pace; then gradually lengthen your stride.

COOL-OFF: After the workout, slow pace until breathing and pulse return to normal. *Do not stop abruptly.* End

Important New Vitamin Facts from an Independent Hospital Survey:

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Better-balanced, advanced formula Unicap M.® More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.

Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.

According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.

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Nutrition Insurance Update — No. 3:

TEEN-AGE EATING HABITS ARE PUTTING MILLIONS OF TEEN-AGE GIRLS AT "NUTRITIONAL RISK."

YOUR DAUGHTER MAY BE AMONG THEM.

Today the lifestyles and eating patterns of the "typical" American family have changed. Meal skipping, snacking and away from home meals are common phenomena. Add to this the habitual dieting for weight control among female teenagers, and it's no wonder that government and independent surveys show:

- 50% of all teenagers report they are not concerned about nutrition, and only 33% say they try to eat right.
- Among the one third of teen-age girls who are on reducing diets, many are on so-called fad diets. These can pose real health problems.
- The diets of adolescent girls who consumed less than 70% of their energy requirements met the RDA (Recommended Dietary Allowance) for only one of the 12 nutrients studied.

The mother of a teenager whose daughter fits into the profile above should become aware that her youngster may be facing the risk of vitamin and mineral insufficiency and should be encouraged to take certain steps to help her daughter maintain good health. For instance:

- Urge your teenager to eat balanced meals; including foods from each of the "basic four" food groups — dairy products, fruits/vegetables, cereals/grains and protein rich foods (meat, poultry, fish).
- When eating at home, take more time to plan meals. Plus, pay more attention to choosing foods for their nutritional contribution to the diet rather than for convenience.
- Make sure your youngster avoids food faddism and "crash" diets, especially those followed for more than a few weeks.

The wisdom of maintaining the best nutritional health possible for your teen-age daughter should be self-evident. Yet, for many adolescents a balanced diet is difficult or even impossible to achieve. Under these circumstances, helping rebalance unbalanced meals with a vitamin/mineral supplement becomes a valuable adjunct to the diet. One such supplement you might want to consider is Unicap M.

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SUPER QUICK MEALS

A creamy pasta classic, toasted tomato-garlic bread and a walnut-studded green salad. By Lisa Brainerd



MENU FOR FOUR

***TORTELLINI CARBONARA**

***BRUSCHETTA**

***ENDIVE, ARUGULA AND WALNUT SALAD**

FRUIT COMPOTE

***Recipe given**

Details, page 201. Thom DeSanto

TORTELLINI CARBONARA

The luscious bacony sauce clings especially well to a plump pasta like tortellini.

In large saucepan cook 2 packages (7 or 8 oz. each) fresh or frozen tortellini according to package directions; drain and return to saucepan. Meanwhile, dice 6 slices bacon. Cook in medium skillet until crisp; discard fat. To skillet add 1 tablespoon olive oil and 1 garlic clove, pressed; cook over low heat 1 minute. Remove from heat and add 1 teaspoon white wine vinegar. In small bowl combine ⅔ cup grated Parmesan cheese, 2 eggs, 2 tablespoons heavy cream, ½ teaspoon freshly ground pepper and 2 tablespoons chopped parsley. Add bacon and cheese mixture to tortellini and toss until well coated. Serve immediately.

BRUSCHETTA

This delectable Italian side dish is also a great appetizer or hors d'oeuvre.

Preheat oven to 500° F. In small bowl combine ¼ cup olive oil, 1 garlic clove, pressed, ½ teaspoon salt and ¼ teaspoon freshly ground pepper. Split a loaf of Italian bread horizontally; drizzle cut sides with oil mixture. Sprinkle with 2 green onions, chopped, and ¾ cup chopped cherry tomatoes. Toast 5 to 7 minutes. Slice.

ENDIVE, ARUGULA AND WALNUT SALAD

Two greens—one pungent, one mild—make an elegant combo.

In small bowl combine ½ teaspoon Dijon mustard, ¼ teaspoon salt, ¼ teaspoon freshly ground pepper and 1 tablespoon wine vinegar. Whisk in 3 tablespoons olive oil. In salad bowl toss ½ pound Belgian endive, sliced, 1 bunch (well washed and dried) arugula, torn, and ¼ cup chopped walnuts. Pour on dressing, toss again. Serve immediately.

IRISH COFFEE BY THE CUP

Warm an Irish coffee glass or tall mug with hot water; pour out. Place 2 teaspoons granulated or light brown sugar in glass. Add 6 ounces hot freshly brewed coffee and 1 jigger (1½ oz.) Irish whiskey; stir. Top with a dollop of softly whipped cream. Do not stir. Serve immediately. Happy St. Patrick's Day!



CONTADINA CONQUERS THE POTATO

Maria's Microwaveable "Quick & Easy Potato Topping"

pound ground beef
package (1½ ounces) spaghetti sauce mix
cup water
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(Contadina Italian Paste may be substituted)
4 medium to large baked potatoes
Grated cheese

rumble ground beef in 2-quart casserole. Micro-ave on high 5 minutes or until meat loses its pink lor. Stir to break up meat. Drain off excess t. Stir in seasoning mix, water, and mato paste. Cover loosely. licrowave on high 5-10 minutes irring once during cooking. Cut pen potatoes; spoon beef mixture ver top. Sprinkle with cheese. eef mixture may also be served on zza crust, corn bread, English uffins, or stuffed in rolls. opping may be prepared n top of range. lakes 4 servings.

20 min.
Time Tested by the Contadina Cooking Expert

Maria Lattorella

"The potato. Not one of your basic Italian foods. Then again, today people are using Contadina Tomato Paste in more than just Italian recipes. They're even using Contadina in microwaveable recipes! Instead of spending hours in the kitchen, you can microwave my "Quick & Easy Potato Topping"in 20 minutes! And that's not all. The same high quality Contadina's been bringing to Italian cooking for the last 70 years can go into all kinds of quick and easy recipes! After all, if you've got better places to spend your time than the kitchen, it's time you knew *all* that Contadina can do!"



Open a can of Contadina and open a world of possibilities.

DO YOU GIVE TILL IT HURTS?

The best thing about women—their desire to give unstintingly to those they love—can also be their biggest problem

BY MILDRED NEWMAN AND BERNARD BERKOWITZ

It's hard to be a woman today, not only because others expect so much of women but because women demand so much of themselves. Women are taught to respond to the needs of others; some women then feel trapped in this role. Indeed, the unrelenting call to be caring may lead to giving too much, giving till it hurts. The hurt may take the form of physical or emotional illness. These symptoms can be the outward expression of the resentment many women feel but attempt to repress.

Although women live longer and are healthier than men in the later years of life, they seem to suffer more in their early and middle decades. Women complain of depression, anxiety, insomnia, migraine and other ills more often than men do, and abuse of alcohol and drugs is a growing concern. We can no longer continue to explain the higher incidence of such problems as a sign of weakness, or as a sign that women are less reluctant to complain than men.

Giving can be very satisfying, even when it entails personal sacrifice. But giving hurts when it seems involuntary and unappreciated or when the giver feels degraded rather than ennobled. When giving does not result in feelings of approval or self-esteem, it can cause trouble. The pressure on women to live up to their own expectations and those of family and friends is strong yet subtle. Some women we see in our practice cannot explain why their lives seem pointless and not their own. They feel inexplicably resentful; caught in a trap from which they see no escape.

"I'm not sure what brings me here," said Joan, an articulate woman in her mid-twenties who sought our help. "At times I feel terribly depressed—almost hopeless. Or I have a sense of foreboding. Yet I can't put my finger on what bothers me. I have a great job, a loving husband and an adorable little boy. Everyone thinks my life is perfect. So why do I feel so miserable?"

Later, Joan gave us a clue to her distress: "My boss is a wonderful person, but there's no doubt about it—she is very demanding. I give her two hundred percent. Then, when I come home, the baby is, of course, a joy, but it's hard to switch gears and be a perfect mommy. I try to be a good wife to Don, too. We always used to talk *(continued)*

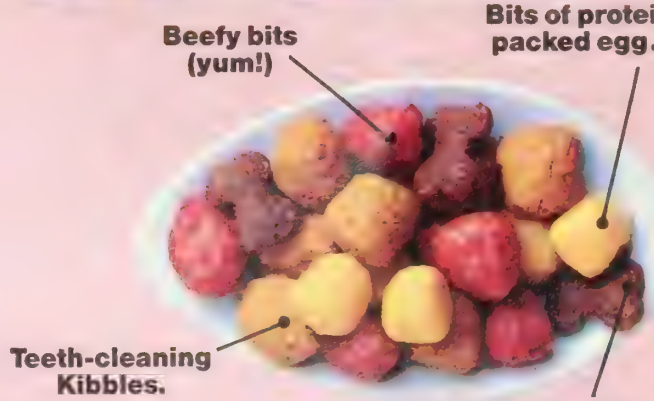


Mildred Newman and Bernard Berkowitz are practicing psychoanalysts and the authors of *How to Be Your Own Best Friend* and *How to Take Charge of Your Life.*

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hings over at night, and I don't want im to think that I no longer have time r him now that we have a child. So I y to be sympathetic when Don tells e about problems at work after we ut Johnny to bed. But, you know, I'm orn out. There are days when I don't hink I can listen to one more person ll me one more trouble. The funny hing is, I know Don doesn't feel this ay. Why me?"

Many women we've spoken with are emotionally overloaded as Joan. hat's more, most of them agree that e men in their lives do not seem trou-ed by the same type of emotional bur-ens. University of Michigan re-archers Ron Kessler, Ph.D., Jane Mc-od, Ph.D., and Elaine Worthington, h.D., who recently published a study the psychological differences be-veen men and women, confirm that omen pay more attention to the needs others than men do. "Although men nd women suffer equally from major fe stresses," they note, "everyday diffi-lties took a much higher toll on omen." In the study, men tended to rug off a neighbor's illness, a friend's ffair, a nephew's personal problems. ut, the researchers concluded, "wom-n worry about them all."

Caring too much

hy do women shoulder such a load? ertainly, the role of caretaker is, to me extent, biologically ordained. A other must nurture her newborn. But e believe the tendency of women to are too much, sometimes at great hysical as well as psychological cost to emselves, goes beyond what is neces-ary for the well-being of their chil-ren. Giving too much is also, for many, learned response, the result of emo-onal programming that occurs during child's formative years.

In general, little girls today still find emselves typecast. During the child-ood play that we recognize as a re-earsal for adult life, girls usually play mommy" and "nurse," no doubt be-ause they see that the majority of omen still function as society's care-akers. (Women far outnumber men as urses, teachers, secretaries, helpers nd homemakers.)

What's more, even in the homes of wo-career couples, chances are the ife is still doing most of the house-leaning, grocery shopping, chauffeur-ng and morale boosting. Take, for ex-mple, Betty and Jim, both advertising ales managers.

"Jim wants very much to carry his hare of the load . . . when he remem-ers to," said Betty, with a *(continued)*

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rueful laugh. "He may compliment me if something tastes good, but if *he* cooks the meal, it's a big deal. He not only makes a production out of it but he expects a lot of praise. I feel I have to thank him . . . and I do. But what *I* do is often taken for granted. And I can't help feeling it's my responsibility to be concerned even about little things like the way the house looks. Is the furniture a bit worn? Do the kids need new sneakers? Jim loves the children as much as I do, and he's a good daddy, but he's as unlikely to notice when they look like they might be coming down with something as he is to notice when their clothes are outgrown. But me, well, I'm always on guard."

Betty is describing not just her tension but also her sense of the inevitability of her burden. We tried to point out to her that this responsibility was only inevitable if she allowed it to be forced upon her. That is, giving hurts, or feels excessive, only when it is no longer voluntary. And the pressure that makes giving involuntary can come from others or from within the woman herself. Sometimes the pressure is subtle—a child's hurt look, a husband's sigh when he wants his wife to do something for him. Sometimes it is quite obvious—an aging mother insists that her grown daughter visit her every day, a boss makes unreasonable demands on her assistant. In either case, there is a loss of autonomy and a feeling of helplessness that can be the source of much emotional suffering.

On the other hand, a burden accepted willingly, no matter how heavy, does not exact such an emotional toll. That which is given freely enriches the giver because the giving is satisfying. What's more, we have found that the solution to the problem of giving too much is remarkably simple in principle: Women must learn to control their giving. If a woman sets limits, if she exercises a choice about when, where, how much and to whom she gives, then she will have reasserted her autonomy. And she will begin to have a sense that her life is once again her own.



Striking a balance

Over the years, we have worked with many women who were unable to set limits on their giving. For the most part, these women were responding to the demands society places on all women. But we have also seen women whose excessive giving was motivated by neurosis. (Those who give little or nothing represent another problem. Let us tell you about some of them and how they learned to help themselves.)

The girl who can't say no That's what we called Sue, a woman who gave too much because she needed so desperately to be loved. In addition to ministering to the needs of her husband, children and in-laws, Sue made her home a haven for people needing a meal, a place to sleep, a handout.

In a way, Sue sounds pretty wonderful. However, she found that instead of praising her generosity, people took advantage of her. What bothered her most, she told us almost in tears, was the fact that her children didn't seem to respect her. Sue adored them and desperately wanted them to be happy, but, she said, "I can never get them to listen to me. Whether I ask them to pick up something from the grocery store or clean up their room, they ignore me. Or they make half-hearted attempts to move things around, but I always feel I'm not really making a dent. I do so much for them, yet I might as well be talking to the wall."

The more Sue was exploited, the lower her self-esteem sank. Redoubling her efforts to be generous did not improve her situation. She became ever more depressed and resentful.

Sue's story illustrates that giving motivated by low self-esteem—in essence, giving to buy love and affection—is self-defeating. Despite the magnitude of her giving, even Sue was unable to regard herself as a good, unselfish and charitable person. However, when she finally realized she could put limits on her giving, her self-esteem got a significant boost.

"Getting the children to pay atten

ion to me, that was the toughest," re-
alls Sue. "I had always yelled at them,
ut they just didn't seem to hear until
hey were good and ready. Without
eing grim about it, I learned to say
hings—calmly and firmly—so they
new I really meant it and expected
heir cooperation. And I simply stopped
icking up after them and fetching
hings for them. I started to feel a bit
nore in control. Once I began to feel
etter about myself, they got the mes-
age. When they could no longer walk
ll over me, they actually seemed re-
ieved. It was almost as if they finally
ad a mother."

Sue remains a generous person, al-
ways willing to extend a helping hand.
ut now she does it because she truly
ants to—and those lucky enough to
enefit from her generosity are ex-
remely grateful.

he martyr superior Jeannie is repre-
entative of many women who suffer
nduly and needlessly from a tendency
o excessive giving.

Early and late, seven days a week,
eannie selflessly devoted her time to
he needs of her husband, three chil-
ren, parents, friends, neighbors, the
TA and various charities. She came
nto treatment in a state of physical
nd emotional exhaustion. We set
bout discovering the roots of Jeannie's
ompulsive self-sacrifice. Listening
arefully to her account of a typically
xhausting day, we detected a certain
ote of smugness. It was hard to tell if
he was boasting or complaining. It
urned out that in Jeannie's scheme of
ife, the more she suffered the more she
elt like a winner. As she spoke, we
earned that Jeannie's mother had been
s involved in giving as she was. In-
eed, her mother had suffered nobly
nd had been admired and respected
or her contributions. Now it seemed
hat Jeannie's aim was to inherit her
nother's saintly mantle. Once Jeannie
dmitted this to herself, it became eas-
er for her to be more measured and
ational in her giving. She still honors
er mother's memory by being gener-
us and thoughtful. But thankfully, she
as become less compulsive.

he power giver For other women, the
eed to give excessively is actually
notivated by a kind of one-upmanship.
ne of our patients who fell into this
ategory conceded that her excess of
iving not only made her feel superior
o others but also gave her power and
ontrol over them. Who could refuse
he wishes of someone who managed to
reate a feeling of indebtedness in her
eneficiaries? In many cases, however,
ower givers are so busy convincing
hemselves and others that they are
esperately needed that they fail to re-
lize they are *(continued on page 201)*



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THE PEACE CORPS THEN AND NOW

From exotic Bangkok in the sixties to the wilds of Africa today, JFK's legacy has endured for twenty-five years. By Patrick Pacheco

It was born out of the idealism of the early sixties. In fact, during the 1960 presidential campaign, John F. Kennedy first suggested the idea of a corps of young Americans who would travel the world, helping eradicate disease, develop agriculture and ease the pain of poverty and hunger. In his inaugural address, Kennedy asked Americans to do what they could for their country—and thousands responded, joining the newly created Peace Corps. In the past quarter of a century, Corps volunteers have voyaged to more than ninety countries, armed with their idealism, their altruism and their individual skills.

As America has changed over the last twenty-five years, so has the Peace Corps. And so has the way the U.S. is perceived abroad. The first Corps volunteers were welcomed with open arms and accepted *(continued)*

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WOW's first minimizer is here! A WOW With•Out•Wire™ underwire bra that softly shapes your bust for a naturally smaller look. There's also a sensational new seamless style that's sleek, shimmery and edged with lace appliqué. Another "first" to look for: the WOW strapless, specifically designed for comfortable support. And that's not all! You'll love the new Petal Blue and Peach Blossom pastels, so right for Spring fashions. All WOW™ bras have ComfortFlex™ Shapers instead of metal wires, so they're more comfortable than old-fashioned underwire bras. WOW won't pinch you, poke through or twist out of shape, no matter how many times you wear it or wash it. Once you try WOW, you'll never wear wire again.

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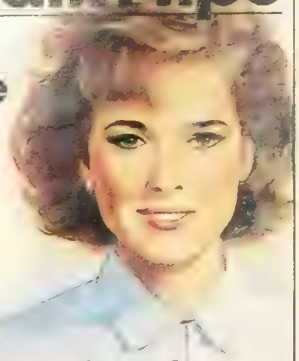
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Styles shown: Seamless, #4028 (left); Minimizer, #4035 (right).

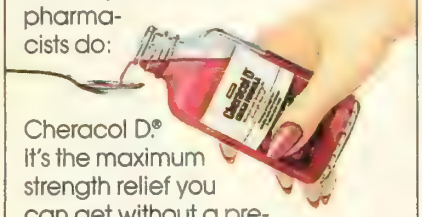
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Health tips From Nurse Joan Kane



What to do for a dry, hacking cough.

Coughs due to the common cold can be so irritating – to you and to those around you. For relief, I recommend the same thing so many doctors and pharmacists do:



Cheracol D.® It's the maximum strength relief you can get without a prescription. This good-tasting cough formula helps quiet the reflex that causes coughing, and helps you cough less. Cheracol D® contains no narcotics. Everyone in your family two years and over can use it.

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What to do for a cough plus a head cold.



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Use Cheracol D® and Cheracol PLUS® only as directed.

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THE PEACE CORPS
continued

instantly in remote villages and faraway communities as friends. During the late sixties and seventies, however, attitudes changed. Today, anti-Americanism is a factor in much of the world, and volunteers are occasionally labeled agents of the CIA. Six have even been murdered in foreign conflicts. But the volunteers still go, and in doing so, many are able to reverse the hostility. Tanzania, for example, expelled the Corps in 1970 but invited it back nine years later.

Another big change has been among the volunteers themselves. While the youngest volunteer is still twenty, today the oldest is eighty-four. And the Corps now accepts the handicapped—Marsha Martin, for example, is a thirty-three-year-old blind woman who has just finished working in Ecuador teaching the blind.

Most Peace Corps veterans—many of whom receive college credits or scholarships based on their service—feel strongly that their experience was well worth any risks or difficulties they encountered. And not surprisingly, many volunteers stay in public service, notably former Senator Paul Tsongas (D.-Mass.) and Senator Christopher Dodd (D.-Conn.).

Today the Peace Corps—six thousand volunteers strong—is under the direction of Loret Ruppe, a fifty-year-old Michigan civic leader and the wife of a former congressman.

Following are two women's experiences in the Corps. Judith Guskin, now forty-seven, was among the first volunteers. Melissa Chesnut, twenty-five, is just ending a three-year stint in Kenya.

Judith Guskin

In 1962, when Judy Guskin flew to Thailand, most Americans' image of the country was limited to what they saw in Rodgers and Hammerstein's glittering fantasy *The King and I*. Judy soon learned that the reality was somewhat grittier.

Bangkok was a sprawling, polluted city near the Gulf of Siam, with a population of more than one million. Stagnant canals crisscrossed the city. Sampans floated past squalid hovels on the Chao Phraya River, while bicycles and scooters clogged the city roadways. A few high-rise buildings stood incongruously in a skyline dominated by ornamental Buddhist pagodas. To Judy, who had scarcely traveled beyond her home in Coney Island, New York, and the University of Michigan campus, the city was the most exotic place she could imagine.

But soon Bangkok was to become a familiar sight. For Judy and her husband, Alan, were posted to Bangko Chulalongkorn University. Judy, th twenty-four, was to spend two yea teaching English and training stude teachers. Alan, then twenty-five, was develop the first graduate program psychology.

On the $75-per-month stipend th got for living expenses, the cou moved into a low wood-and-concre house at the end of a narrow street. Americans or other foreigners lived their neighborhood. A folding wood door opened into two rooms containi little more than a hot plate and a co ple of mattresses on the floor. A sta with a cold water tap and a jug w their bath. When they could stand t cold water no more, the couple wou sneak into hotel rest rooms to spla their faces with hot running water.

But more of a problem than the la of hot water were the insects. Huge w terbugs and cockroaches abounde and mosquitoes worked their w through the mosquito nets. And, Ju remembers, "we had so many termit that I was concerned the whole hou would tumble down. We put gasoli around the outside of the house to ke them away but then I was afraid t house would burn down." Ironicall when the Guskins finally succeeded ridding the house of black ants, re ants multiplied furiously—since bla ants eat red ants—and their stingi bites caused Judy's feet to swell.

It was through contact with h students that Judy began to lea about Thai culture. Because the scho was a national university, her class included wealthy students from t city as well as poorer students from t surrounding areas. Judy learned th touching between men and women i public is taboo to the Thai people, an that patting a child on the head is esp cially offensive. "The head is sacred t the Thais," Judy explains. "You don ever touch anyone else's head. Als since the bottom of the foot is co sidered dirty, you don't point your fo at anyone's head. You had to be esp cially careful about crossing your leg when you were sitting down." And sh was intrigued by such customs as st dents making an offering of eggs t Buddha before an exam.

Judy made herself more available t her class than most Thai teachers an tried to become friendly with her st dents. She was especially impresse with the determination of two im poverished but ambitious young men– Chaiyong, who came from a village o the Laotian border and was so poor h had to sleep in temples at night, an Dirake, whom Judy and Alan invite to live with them for the last two year of their stay. It *(continued on page 197*

"Your big dog can avoid big problems."



IG BREEDS:
ig breeds like Newfoundlands, t. Bernards and Great anes do a lot of growing, ast. In their first ear alone, my lewfie puppies ain almost a undred pounds!

ROWING ROBLEMS:
s you can imagne, this incredible one growth and nuscle expansion s a tremendous strain on a og's body. And the chance for nalfunction and nalformation s the greatest t this time.



NUTRITION:
We used to hink a majority of rowing problems were strictly hereditary. But today, current research indicates that genetics are *not* the only factor. Good nutrition and the right environment are probably just as important. In other words, what you feed your dog, how much exercise he gets, proper weight maintenance, and the kind of home you create are critical.

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Mozzarella

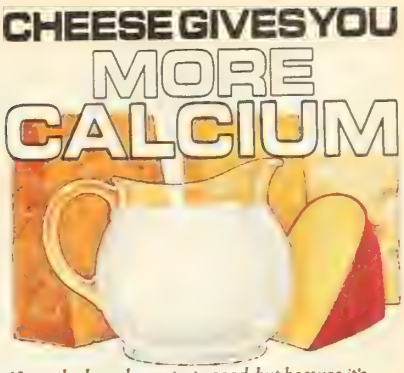


National Dairy Board

Creamy, delicate mozzarella brings old world flavor to your meals. Once available only in southern Italy, it is now a spirited part of American cooking.

This soft, moist, subtly sweet cheese has done more for the reputation of pizza than any pepperoni could ever dream of. The wonderfully stringy texture of melted mozzarella can make eating downright fun. Lightly breaded and deep-fried, mozzarella becomes crispy, golden outside and deliciously chewy inside.

And, of course, lasagna wouldn't be lasagna without layers of luscious mozzarella cheese.



Not only does cheese taste good, but because it's made from fresh wholesome milk it's one of nature's most concentrated food sources of calcium.

Cheese.



Melted, on pizza bread and snacks.



Sliced, as a topping to soups.



Baked, to complement meals, vegetables.

Florentine Lasagna Roll-Ups

6 servings

12 fluted lasagna noodles
2 tablespoons butter
¾ cup chopped onion
2 packages (10 oz. each) frozen chopped spinach, thawed and well-drained
1½ cups (6 oz.) shredded Mozzarella cheese
½ cup dairy sour cream
1 egg, slightly beaten
¼ cup (½ stick) butter
¼ cup all-purpose flour
1½ teaspoon instant chicken bouillon
⅛ teaspoon pepper
1 cup light cream OR half and half
1 cup milk
½ cup grated Parmesan cheese

Preheat oven to 350° Cook lasagna noodles according to package directions. Cool in large bowl of cold water; set aside. Saute onions in 2 tablespoons butter until tender, about 5 minutes. Combine spinach, onions, Mozzarella cheese, sour cream and egg; set aside. Melt ¼ cup butter in a saucepan. Stir in flour, instant bouillon and pepper. Stir in milk and cream. Bring to boil, stirring constantly. Boil and stir one minute. Remove noodles from water. Pat dry with paper towels. Spread about ¼ cup spinach mixture over each noodle. Roll up jelly roll fashion starting at short end. Spread a small amount of sauce on bottom of buttered 2-quart rectangular baking dish. Place rolls in dish. Spoon remaining sauce over roll-ups. Sprinkle with Parmesan cheese. Bake 30 to 35 minutes, or until hot and bubbly.

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New FIRST RESPONSE™ helps predict the day you're most able to become pregnant.

FIRST RESPONSE™ Ovulation Predictor Test is a scientific aid to conception from the maker of Tampax® tampons.

It's for couples who have difficulty conceiving a baby, or want to plan the timing of their pregnancy.

FIRST RESPONSE™ actually predicts the day of ovulation, the day a woman is most able to conceive. Knowing this in advance improves your chances to become pregnant by giving you sufficient time to try.

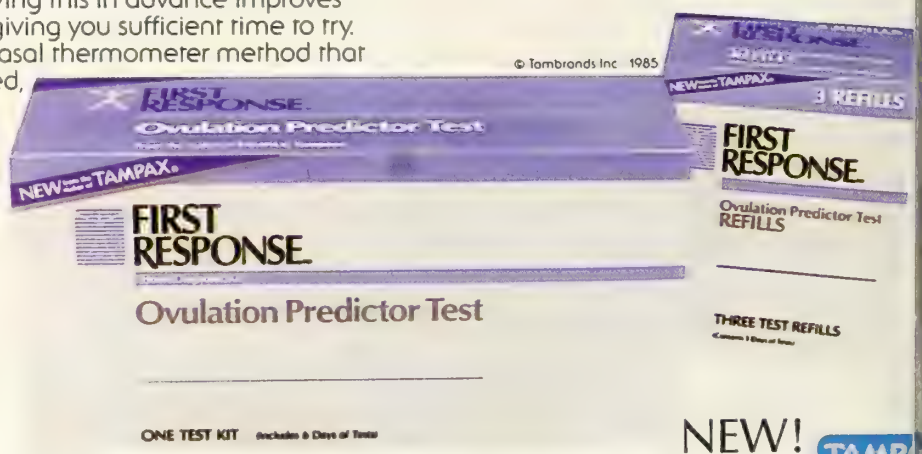
FIRST RESPONSE is superior to the basal thermometer method that can only indicate ovulation has occurred, which may be too late.

It's a simple urine test that takes about 20 minutes. An obvious color change tells you ovulation will occur in approximately 12 to 24 hours. Each kit covers six days of testing. For the one woman in three who must test longer, a 3 Test Refill is available.

(If you have any questions, you can talk to a specially trained nurse at our toll-free number listed in the kit.)

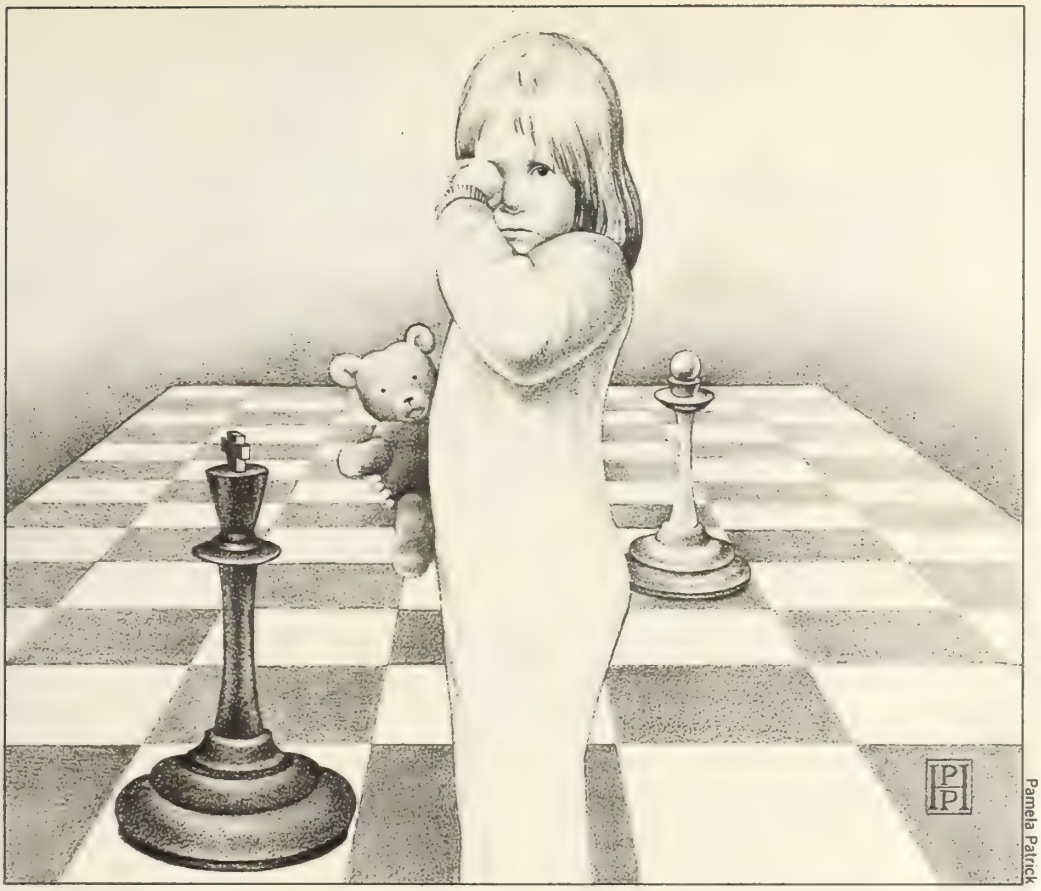
FIRST RESPONSE. It can make the difference between "hoping for" and "expecting" a baby.

You can always trust your FIRST RESPONSE™.



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NEW! From the maker of TAMPAX



Pamela Patrick

If a child's life were at stake, would you make the best decision?

YOU BE THE JUDGE

By Thomas Hauser

As single parenthood and divorce become more common, courts have been called upon to resolve increasingly complex issues concerning custody, visitation and child support. Most judges consider it an article of faith that the best interests of the child govern. But courts must also consider what is fair to both parents, and opinions can differ as to what's best for children.

Below are summaries of six cases involving custody, visitation and child support. Make your own decision about each case, then read on to see how it compares with the actual court ruling.

THE DECEITFUL PARAMOUR

Irene was an unmarried airline flight attendant living in New York City. In April of 1979, she told her boyfriend, Jack, that she wanted to have a baby. Jack said he was unwilling to father a child. Irene said that was fine and that she would simply see her ex-boyfriend Lloyd, not tell him that she had stopped taking birth control pills and have a child whether Lloyd wanted one or not.

Poor Lloyd! Two months later, he came to visit. Before they had sexual intercourse, he asked Irene what she was using as contraception, and she assured him that she was on the Pill. Nine months later, however, a child was born. Much to Lloyd's dismay, blood tests identified him as the father, and Irene sued for child support.

The mother's case

Irene claimed that her financial resources were insufficient to meet the needs of her child and that the law requires unmarried parents to make equivalent sacrifices in support of their child. She also said that she didn't remember Lloyd's asking about birth control.

The father's case

Lloyd countered that Irene's demand for child support was unfair. It was based on lies and bad intentions. Imposing support obligations on a man tricked into becoming a father would violate Lloyd's right to make his own procreative decisions.

The court's decision

The court found that Irene had lied to Lloyd, ruling that "the chief ingredient of fraud and deceit was clearly and convincingly established by premeditated, deliberate and intentional misrepresentation." However, Irene's deceit was determined to have no bearing upon Lloyd's obligation to support their child. In the court's view, the only factors that required consideration were the financial resources of the parents and the needs of the child.

Lloyd was ordered by the court to pay $945 *(continued on page 185)*


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Whether you're planning a casual afternoon or a swanky evening, this bold jewelry will add pizzazz to your outfit. The eighteen-inch necklace (note the gleaming golden accents) and the chunky earrings (pierced or clip-on) enhance a wool sweater or a silk dress. The bangles look smashing as singles, too. Of course, black and white goes with everything. Order the set for only $26.95 plus postage and handling. (Or choose the bracelets, necklace or earrings separately.) To order, turn to page 192.
Hair and makeup, Pascal Lewis. Clothes, Adrienne Vittadini. Model, Monique of Click.
Butch Martin

"I'm totally hip
to your chocolate chips."

"And you've got some frostin'
I could get lost in."

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BEST-KEPT MEDICAL SECRETS

ALLERGY UPDATE
THE ULTIMATE FISH STORY
ANTISEPTIC ALTERNATIVE
FOOD AND MOOD • • • AND MORE

Herewith, a host of discoveries even your doctor may not know about. By Paula Dranov

Can there possibly be any more secrets in medicine? After all, newspapers and television are filled with reports of doctors transplanting, implanting and bypassing—miracles undreamed of a decade ago.

To be sure, medical breakthroughs have become media events, but what we hear about most often are the megasteps, not the small but still important developments that change the way good medicine is practiced. We've gathered some of the best medical news of the past year, advances you—and even your doctor—may have missed.

Secrets? Not anymore.

Women's health

The latest word on lumpy breasts (it's *great* news) . . . plus a surprising report about calcium supplements.

Lumpy breasts If you suffer from this condition—medically known as fibrocystic breast disease—then you know it's one of the most confusing, and often one of the scariest, disorders that affect women.

In the past, the prevailing medical wisdom was contradictory. On one hand, doctors told patients that the condition did not necessarily predispose them to breast cancer; yet—and this is what threw most women—the most commonly cited statistic was a frightening one: a threefold increase in the risk of cancer among women with a history of fibrocystic disease.

But now, thanks to the most comprehensive study of the subject to date (conducted by researchers at Vanderbilt University, in Nashville), the discrepancies seem to have been explained, and the prognosis for women revised. According to doctors, 70 percent of women with lumpy breasts have absolutely no increased risk of developing breast cancer. Only a small number (about 4 percent) of the women studied—those whose breast biopsies revealed a particular type of cell growth—showed a substantial increase in risk.

Of course, since even a harmless lump may conceal a dangerous one (particularly in women with a family history of cancer), it's crucial for women with fibrocystic breasts to be especially diligent about self-examination so they can recognize what's normal for them—and what's not.

Calcium and osteoporosis Doctors now believe that drinking skim milk works just as well as taking calcium supplements to prevent the thinning of the bones that can lead to osteoporosis. In fact, it seems to have an important advantage.

In a recently completed two-year study at Creighton University, in Omaha, Nebraska, a group of women volunteers drank twenty-four ounces of low-fat milk daily. Another group took calcium carbonate supplements daily. At the end of the study, doctors found that both methods worked equally well to *(continued)*

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strengthen the bones and maintain bone tissue, but the calcium carbonate had an unexpected effect on the rate at which the body replaces bone tissue.

All of us lose bone mass as we age, women much faster than men. At the same time, however, bone is continuously replenished at a rate that usually remains relatively steady. But the Creighton study found that while calcium carbonate supplements prevented the accelerated bone loss that can lead to osteoporosis, they also slowed the bone replacement rate by about 25 percent; skim milk reduced the rate of bone replenishment only slightly. Since premenopausal women should have one thousand milligrams of calcium a day (increase that to fifteen hundred milligrams after menopause), women can, if they prefer, drink three eight-ounce glasses of skim milk daily (or eat an equivalent amount of yogurt or cheese).

However, researchers have found further benefits from supplemental calcium. One recent study at Memorial Sloan-Kettering Cancer Center, in New York City, found that adding calcium supplements to the diet may help prevent colon cancer in people at risk for that disease.

Chronic health problems

A-OK for aspirin (it *does* prevent heart attacks) . . . and new drugs to treat migraine headaches and allergies.

Aspirin and heart disease An apple a day may keep the doctor away, but a daily dose of aspirin may be of even more help for those at high risk for heart attacks. The aspirin effect has now been so well documented that the U.S. Food and Drug Administration recently notified doctors that a daily tablet could save as many as seventeen thousand lives per year.

Recent studies of men with angina—that is, heart pain—showed that taking a single aspirin tablet daily reduced the development of heart attacks by 55 percent; among those who had previously suffered heart attacks, an aspirin tablet a day cut anticipated recurrences by 21 percent.

Aspirin's role in heart attack prevention is due to its effect on the blood platelets, which can clump together and adhere to arterial walls that may already be encrusted with deposits of cholesterol or other fatty debris. However, by inhibiting platelet clumping, aspirin helps reduce the accumulation that can eventually block an artery, triggering a heart attack.

Although high doses of aspirin can be irritating to the stomach, a single tablet a day rarely causes problems. Even so, anyone considering a daily dose of aspirin for heart-attack prevention should discuss it with a doctor. This is especially important for those with a history of gastrointestinal disorders or kidney or liver problems.

Migraines Those who suffer frequent migraine headaches—three or more a month—will be heartened by reports that doctors have found a drug that can prevent these excruciating headaches and that doesn't have the unpleasant side effects of a number of the medications already in use.

The drug, timolol (which is already being used to control high blood pressure), proved its worth in recent tests, which showed a two-thirds reduction in headaches among longtime migraine sufferers when they took it on a regular basis. The worst side effect reported was insomnia (affecting only 7 of the 107 volunteers). Fatigue and light-headedness were mentioned by a few others, but overall, the side effects were fewer and less serious than those reported for other migraine drugs. Unfortunately, timolol had no effect on the headaches once they developed.

> The food we eat may play a much larger role in mental health than doctors once believed.

An allergy alternative Doctors are hailing a new drug that will control even severe symptoms of hay fever and other allergies without putting patients to sleep. The newly approved antihistamine, Seldane, won't make you dizzy or impair alertness, either. However, since it is a prescription drug, it costs about three times as much as commonly used over-the-counter drugs.

Sinus surgery success An innovative surgical procedure that can be performed in a doctor's office under local anesthesia may revolutionize the treatment of chronic sinusitis, a painful inflammation of the tissues lining the sinuses.

Right now, patients suffering from this condition who don't respond to antibiotics must enter the hospital and, under general anesthesia, have the troublesome tissues removed. The newer method, developed in Europe, relies on miniature telescoping tubes, inserted through the nose, to guide doctors in removing the membrane. Though this technique is still not widely available, David W. Kennedy, assistant professor of otolaryngology at Johns Hopkins Hospital, in Baltimore, is currently training groups of doctors to perform surgery with the new instruments. As more doctors develop the necessary surgical skills, this procedure should become more common.

The food connection

A new link between what you eat and how you feel . . . why eating fish is good for your heart.

Food and mood Until recently, the notion of a connection between food, mood, fatigue and your state of mind was considered heresy—for faddists only, and not really accepted by the medical community. But now it seems the food we eat does play a much more significant role in mental and physical health than doctors once believed.

Last year, John Crayton, associate professor of psychiatry at the University of Chicago Medical Center, found that wheat and milk—foods that sometimes trigger allergies—make some people feel tired, depressed and irritable, even if they are not allergy-prone. Other doctors have reported similar results, but the Chicago study is among the first double-blind experiments to test the connection between food and mood. (Double-blind studies are those in which neither the doctors nor the patients know who got what. Records are kept by someone not directly connected with the experiment.) Crayton documented both mood and blood chemistry changes among patients after they had consumed varying amounts of milk or wheat products. After comparing the findings from the two groups, he speculated that the changes stemmed from the immune system's attempt to neutralize the milk or wheat and that this immune response may differ from conventional allergic reactions.

A fish story Fish is not only brain food, it's heart food, too—even the fatty fish that many of us have been deliberately avoiding all these years. Doctors now confirm that adding fish oil to your diet (whether it's from lean fish, such as flounder, sole, cod and halibut, or from fatty fish, such as mackerel, herring, salmon and sardines) actually reduces the risk of heart disease. Two new studies also revealed that unless you're counting calories, it really doesn't matter what kind of fish you eat. What's more, both kinds may also offer some protection *(continued on page 17)*

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Pork



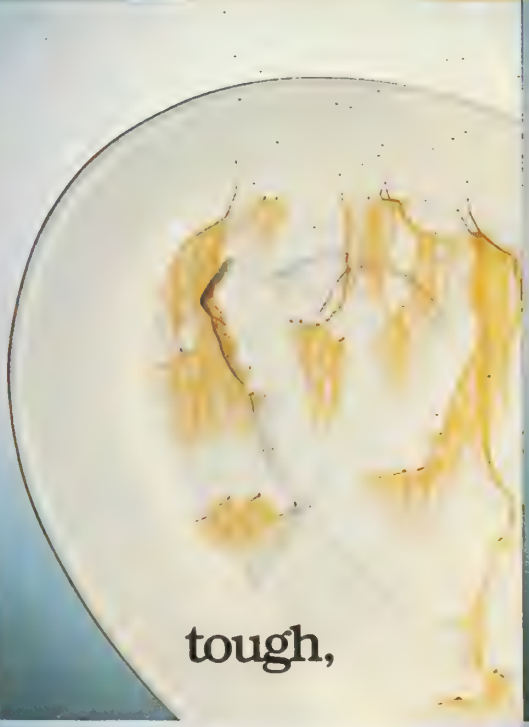
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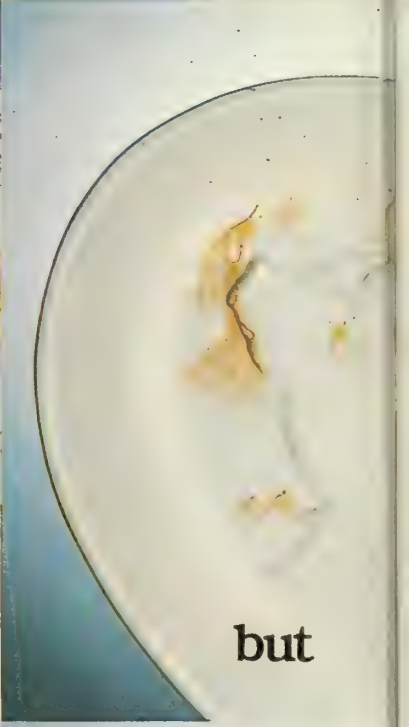
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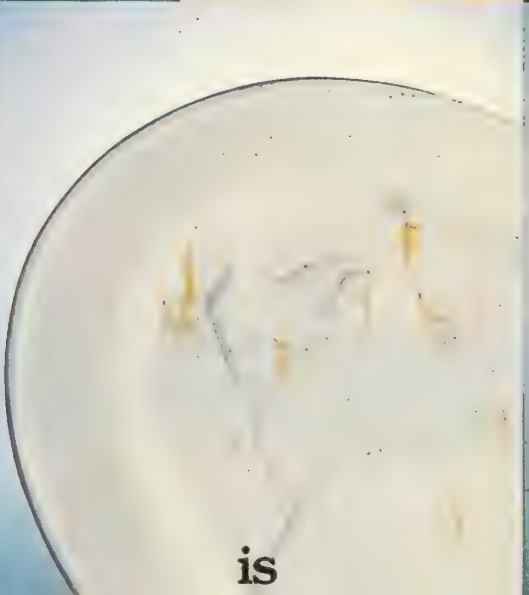


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tougher.

LADIES' HOME JOURNAL
MARCH 1986

LHJ'S BOOK OF THE BEST

We think you've noticed already that this is an issue full of superlatives, from the front cover to the very last page. We're putting our best foot forward to offer you super information, interviews, features, fiction, ideas, recipes and advice. Turn the page for the *Journal*'s own Book of the Best, a compendium of the latest facts from top experts and celebrities on what's new, interesting, entertaining and important.

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phenomenal
perfection
unsurpassed
extraordinary
awe-inspiring
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crème de la crème
cream of the crop
superb • unbeatable
impeccable • supreme
outstanding • awesome
top-notch • wonderful
spectacular • exceptional
dynamite • astonishing

Richard Osaka

BEST MOTHERING TIPS

By Erma Bombeck

■ First of all, stay in bed for thirty days following a birth. It gives everything a chance to settle back into place . . . like your mother-in-law.

■ Never have more children than you have car windows.

■ Children will never eat anything that has not danced on TV.

■ Patience is not always a virtue. Often it signifies a drinking problem.

■ If kids buy "This hurts me more than it hurts you," they will buy "You don't need a car, because I love you."

BEST HOUSEPLANTS
FOR PEOPLE WHO DON'T HAVE GREEN THUMBS

According to George Sampson, vice-president of FTD Association

■ Sanseveria (snake plant). This plant is almost impossible to kill. It takes low light and needs water only about once a week.

■ Philodendron. There are twenty to thirty varieties, from hanging to split-leaf. They require low light, infrequent watering (about once a week) and little care. Special bonus: They're inexpensive.

■ Pothos. Usually a green hanging plant with white markings. Requires low light; water once a week.

■ Schefflera. This one is the prettiest of all the hardy houseplants, though it does need a little more light than most plants to keep up its appearance. Artificial light is okay. Water once a week.

■ Jade. Needs light but will take indirect or direct sun, so this is the plant to place near a big picture window with a southern exposure. Needs to be watered only every seven to ten days.

■ Yucca. Comes in an assortment of sizes and needs to be watered once every seven to ten days. Requires little light.

■ Cactus. There are more than a thousand varieties, and most are inexpensive. All they need is a little sunlight. Water every two to three weeks.

Best way to ask for a raise

By Kathleen Kennedy, assistant dean, New York University School of Business Administration

Six months before you're ready to ask for a raise, sit down with your boss and talk about job performance. Clearly spell out objectives for the coming months. When you're ready to ask for the raise, spend a few days preparing. Figure out why you deserve a raise; be sure to fine-tune your arguments. Figure out how your boss will probably respond to all your points, and prepare answers accordingly.

During the meeting, try to show how you helped the company or your department work better. Arm yourself with statistics and reports that will help prove you deserve an increase.

If your boss says no, find out why. Set a tentative date to discuss the matter again

best interview

By Barbara Walters

Of all the interviews I've done, the one that touched me most was with a young man who was blind and deaf from childhood. The interview was conducted by his placing his thumb on my lips. He told me of someone who was talking to him about a magazine article but then stopped short and said, "But of course, you cannot read a magazine." "No," replied my friend with a laugh, "but I can look at the pictures."



Patrick DeMarchelier

25 BEST HOSPITALS IN AMERICA

By Herbert J. Dietrich Jr., M.D., and Virginia H. Biddle

1 Mayo Medical Center (Mayo Clinic, Rochester Methodist Hospital and St. Marys Hospital), Rochester, Minnesota. More than two hundred physicians and scientists at the clinic are involved in the forefront of research in virtually every area of human disease. The Mayo cancer department is emphasizing a technique that allows surgeons to focus radiation directly on exposed tumors while sparing the surrounding normal tissues. The hospital's cardiology division is developing new, more effective drugs for heart-attack patients. Two satellite clinics, staffed by Mayo personnel, are planned for Jacksonville, Florida, and Scottsdale, Arizona.

2 Massachusetts General Hospital, Boston. Known as Mass. General, the largest hospital in New England, it is the original teaching center for the Harvard University Medical School and has a long tradition of pioneering research and treatment in numerous medical and surgical specialties. The hospital is noted for its outstanding work in cardiology, for the treatment of severe burns and for its stroke center.

3 University of Alabama Medical Center at Birmingham. This medical complex, with its many strong departments in medicine and surgery, has an annual budget of more than $60 million *(continued on page 178)*

BEST WAY TO SAY "I LOVE YOU"

By Alexandra Penney, author of **How to Make Love to a Man**

The best way to say it—and mean it—is to add a thoughtful gesture. Once, my husband gave me a copy of hakespeare's love poems and sonnets, and e wrote inside: "Shakespeare can say 'I ove you' in a more eloquent way, but I hope I can prove it more effectively." Unfortunately, people are getting to be terribly indiscriminate in expressing feelings. Some people say "I love you" as casually as they might say "The moon is full." Don't say it unless you really mean it.

BEST CALORIE-BURNING SPORTS FOR WOMEN

According to the American Running and Fitness Association

ACTIVITY	CALORIES BURNED* (10 minutes of activity)
Sprinting (5 minutes per mile)	150
Rowing	140
Squash	112
Running (9 minutes per mile)	100
Bicycling (faster than 9.4 mph)	90
Aerobic dancing	89
Swimming (breaststroke)	86
Cross-country skiing	76

Note: Another great way to burn up calories isn't a sport at all—but it's easy to do at home or at your office. Walking up stairs burns about 75 calories every ten minutes.

***For all activities, calories burned are calculated for a person who weighs 117 pounds.**

Richard Osaka

Best children's toy

By Mr. Rogers



It's nothing as complicated as a trademarked game or a recognizable doll. The best children's toys in the world are pots and pans . . . or a simple box . . . or a real hammer. Young children are naturally interested in tools their parents use since parents make up a child's whole world at first. Toys like pots and pans help children play at being Mom and Dad. The best toys are those that help them feel good about their own possibilities of growing and creating a worthwhile identity.

BEST WAYS TO PREVENT CANCER

According to the National Cancer Institute

- Cut down on animal and vegetable fats in your diet to reduce the risk of breast and colon cancer.
- Eat plenty of whole grain cereals, fresh fruits and vegetables. Fiber and vitamins A and C have been shown to help ward off some cancers.
- To reduce the risk of mouth, throat, liver and esophagus cancer, limit your consumption of alcoholic beverages to no more than one or two drinks per day.
- Don't smoke. Cigarettes, cigars, pipes and chewing tobacco increase your risk of cancer of the lungs, larynx, esophagus and mouth.
- Avoid unnecessary exposure to X-rays. When they must be taken, be sure your doctor uses a radiation shield to protect the rest of your body.
- Reduce the risks of skin cancer by avoiding prolonged exposure to the sun (especially between 11 A.M. and 2 P.M.). If you must be in the sun at these times, wear a heavy sunscreen and protective clothing.



BEST VIEW

According to David Featherstone, the Friends of Photography

ere's no place in the United States more inspiring than Yosemite tional Park. Many great photos have been taken there, including eautiful shots by Ansel Adams.

Best way to say "I'm sorry"

By Ann Landers



The best way to say it is to say it *fast.* Hurts and wounds fester and deepen if you don't say you're sorry as soon as possible. Say it with sincerity, but don't become too involved with beautiful language; the important thing is to blurt out what you feel. If you have difficulty verbalizing, say it in writing and place the note where it has the impact of surprise—say, pinned to a pillow, placed on a coffee cup or written with soap on a bathroom mirror. I don't believe presents help to say you're sorry; they look like you are trying to buy your way ack into someone's good graces.

MOST ROMANTIC TURN-ONS

By Jackie Collins, author of Hollywood Wives



Tony Costa/Outline

Eye contact is the ultimate turn-on. Sometimes you can be in a large group of people, and a man will look right into your eyes and you know immediately that there's a special understanding between you. Some others:

■ Great soul music, amazing stereo speakers and a water bed. Sometimes a room and the right atmosphere are as important as the man in it. A friend of mine had a cozy apartment with a huge water bed right in the middle, and just being in the room was a turn-on.

■ A weekend in Tahiti . . . or even twenty-four hours in Las Vegas without sleeping. You would have to do everything—gambling, dancing, fine meals . . . and I'm sure you could think of other things to keep you awake all night.

■ The right clothes. I like men in jeans and denim shirts or, at the other end of the spectrum, the gangster look—a three-piece suit with a black shirt and a tie loosened a little around the neck.

■ An unexpected present. If he drives up in a black Ferrari with black tinted windows and then gives you the car, *that's* a terrific turn-on. But more than anything, it really is the thought that counts. A surprise of some roasted chestnuts would be a turn-on for me, because they're something I like. If I can't have a Ferrari, I'll *(continued on page 180)*

More bests

Beauty tips from top models ■ How to have a happy marriage ■ Ways to combat stress at work ■ And more! See page 178

THE RIGHT THING TO WEAR GUIDE

By Lois Joy Johnson, Beauty & Fashion Editor



A gala affair

You want to look elegant and sexy

THE PERFECT OUTFIT A softly draped knee-length silk dress that slides over the body, camouflaging flaws and enhancing good points. Big leg-of-mutton sleeves diminish waist and hip size. Rhinestone buttons add sparkle. Sheer black hose and high heels in black satin create a long, slim look.

ALTERNATIVES A silk or satin evening suit with a defined waist and wide padded shoulders in black or white—or both—for drop-dead glamour.

WHAT TO AVOID Busy prints that draw the eye away from your silhouette. You'll also get more mileage out of solid colors. Unusual lengths or trendy styles date quickly.

Expert fashion tips to help you look your absolute best when it counts most



A job interview

You want to look professional, efficient and attractive

THE PERFECT OUTFIT An updated classic jacket with a strong shoulder line in neutral silk tweed, a silk blouse with an uncluttered neckline, a slim, easy-fitting skirt, neutral hose and low-heeled pumps create a pulled-together look that means business . . . but doesn't make you look like one of the boys.

ALTERNATIVES A tailored neutral-colored dress in a quality fabric with a silk scarf and a classic leather belt.

WHAT TO AVOID The dark she-man suit and bow tie combo. A body-clinging dress and spiky heels are out of place, as is strong perfume. Pants are too casual. Steer clear of too much jewelry, loud colors and wild patterns, and jazzy hose: All distract from what should be the focal point—you.

Jimi Giannetti



A class reunion

You want to look young, successful —and thin!

THE PERFECT OUTFIT A sleeveless knit turtleneck dress that skims over curves, cinched with a wide belt to emphasize your still-trim waist (or to create the illusion of one). Wear standout colors such as taxicab-yellow. A matching cardigan provides smashing cover. Bold jet hoops and bracelet add youthful punch.

ALTERNATIVES A skinny knit tube skirt with a matching or contrasting pullover (try a long top over a short skirt or a short top over a long skirt).

WHAT TO AVOID Shapeless, matronly dresses, dress-for-success suits, pants. Dull neutrals make you fade into the background. Forget teeter-totter heels: They aren't comfortable for prolonged standing.



An evening with friends

You want to feel comfortable but still look special

THE PERFECT OUTFIT A pretty one-of-a-kind sweater, spiffed up with sequins and beads (or with lace, embroidery or bows) and paired with super-comfortable black pajama pants, downplays problem hips or thighs and lets you relax. Try jazzy makeup, a rakish moussed hairdo and lots of glittery jewelry—you can pull out all the stops among friends.

ALTERNATIVES Sweater sets: camisoles or tube tops plus cardigans; oversize silk blouses in flattering makeup colors—apricot, pink, coral.

WHAT TO AVOID Tops that scoop too low, pants that are too tight for comfort. Your washing-the-car, raking-the-leaves fisherman's sweater and old jeans are just too casual.

Jimi Gianpaoli

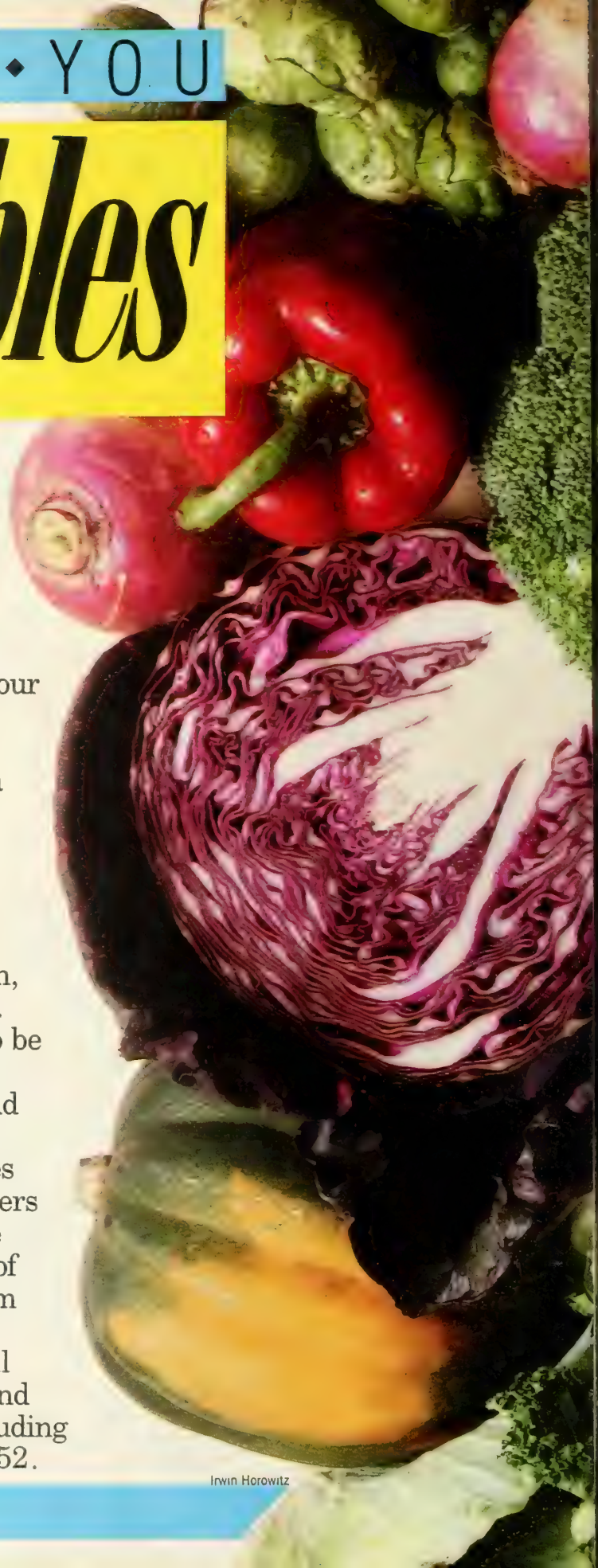
...keup, Leventé for Lau-...e les Copains. Hair, ...rence DePalma for ...no-Buccheri. Model on ...e 123: Beth Rupert of ...k. Details, page 201.

BEST • FOR • YOU

Vegetables

ALL OF OUR SUPER-SAVORY RECIPES PROVE THAT WHAT'S SO VERY GOOD FOR YOU CAN TASTE TERRIFIC, TOO!

Mom always told you to eat your veggies. But now there's a compelling reason to heed that advice. According to a report by the National Cancer Institute and the National Academy of Sciences, people who consume lots of dark-green and yellow vegetables are less likely to develop cancers of the bladder, colon, skin, lung, stomach and esophagus. The best vegetables for you seem to be those in the cruciferous family—cabbage, broccoli, kale, kohlrabi and Brussels sprouts—as well as dark, leafy greens, carrots, sweet potatoes and winter squashes. The researchers attribute the great benefits of these vegetables to their ample supplies of vitamin C and beta carotene (a form of vitamin A)—both known cancer fighters. Our sensational recipes will win over all the vegephobes—big and small—in your family. Recipes, including microwave how-tos, begin on page 152.



Irwin Horowitz



Three main courses brimming with good health as well as great flavor, right, top to bottom: Turkey and Kale Stir-Fry, New England Boiled Dinner, Manicotti Verde.

How to PREVENT



HERE'S BRAND-NEW INFORMATION:

We all have the same basic skin composition, from the epidermis (the visible outer layer) all the way down to the cushiony layer of subcutaneous fat tissue. But though the basics are the same, there are variables. How much—and how soon—your skin will wrinkle has a lot to do with your heredity.

ARE YOU WRINKLE-FREE?		
IF YOU'RE...	**YOU HAVE...**	**YOUR PROFILE IS...**
Celtic, Nordic	thin, fair skin; pale eyes	high risk for early and excessive wrinkling
Latin, Mediterranean, Middle Eastern	oily, medium-thin skin; dark eyes	medium risk for early and excessive wrinkling
Black	normal-to-dry, thick skin; dark eyes	most wrinkle-resistant

To find out how wrinkle-free you are, take the Pinch Test. Simply pinch some skin from the top of your hand and hold for ten seconds. If it takes more than two or three seconds to go back into place, your skin is losing its youthful elasticity. What can you do? Revise your whole beauty regimen to help keep your skin younger longer. The way you cleanse and moisturize can be important age-proofing aids. Your habits also can affect your skin's youthfulness in some surprising ways.

WRINKLES

THE BEST-EVER AGE-PROOFING PLAN FOR FACE, NECK AND HANDS

BY CARLOTTA KARLSON JACOBSON WITH CATHERINE ETTLINGER

Cleansing / moisturizing / exfoliating



THE RIGHT WAY TO CLEAN

Clear, glowing, youthful-looking skin begins with a good, clean start. Whether you're accustomed to using soap and water or a creamy cleanser, be sure to cleanse twice a day. Generally speaking, normal-to-oily skin does better with soap and water, and normal-to-dry skin does best with cleansers, which are usually more emollient, less drying than soap. Whichever cleansing method works best for you, be sure to follow it with a toner. Toning restores skin's acid mantle and effects a rosy glow as it brings the blood to the surface to both nourish and moisturize facial skin cells.

EVERYDAY MOISTURIZING

Find a deep-penetrating moisturizer and apply it after cleansing and toning while your face is still damp. Don't make the mistake of thinking that the more you apply, the more it's moisturizing your skin. If it's too thick, you'll actually slow cell renewal, as productive cells in the basal layer react to the moisturizer as if it were a dead skin layer and produce fewer new cells to move up and replace it. Eye creams, for the super-dry area around the eyes, have an extra benefit: They create a thin film that deflects light and actually works to diminish the appearance of fine lines.

SLOUGHING OFF SURFACE CELLS

Exfoliating dead, dull cells exposes a new, younger-looking and smooth layer of skin that reflects light so lines look softer and skin glows. Skin sloughing can also speed up the cell renewal rate by as much as 30 percent. Until you're in your thirties, skin naturally sloughs off a million or so of those dried-out cells every twenty-five to thirty days. Because the process slows as you get older, you need to help your skin renew itself. Use either a chemical or a scrub product every day, but treat skin gently. Men's shaving regimen is a daily exfoliating process—which in part explains why men's skin is generally so youthful-looking.

Tohru Nakamura

Printed by permission of G.P. Putnam's Sons from the forthcoming book HOW TO BE WRINKLE-FREE. Copyright © 1986 by Carlotta Karlson Jacobson with Catherine Ettlinger.

Hydrating / sleeping / circulation



WATER: THE BEST MOISTURIZER OF ALL

As you age, you'll have to be more conscious of and conscientious about hydrating your skin. You'll have to drink more water—six to eight glasses a day—and learn to avoid foods that disturb your water balance, such as those with salt and caffeine. Alcohol can be very dehydrating and add years to your looks, so drink moderately. Indoor dryness can also make your skin look especially wrinkled. A good counter-strategy is using a humidifier. The inexpensive cold-water vaporizers are the easiest and healthiest.

WRINKLE-FREE SLEEP



During sleep, skin works harder than ever, regenerating cells, metabolizing nutrients and eliminating wastes. What you do—and don't do—for your skin while you sleep can have a profound effect on how you look the next morning. Because body fluids tend to collect in facial tissues, giving face and eyes a puffy look, you should try to keep your head elevated. Raise the bed's head with books wedged between the mattress and box spring, or use extra pillows. Don't be tempted to counteract dryness in your bedroom by drinking too many fluids before retiring. This can exacerbate the flow of fluids to the face. Get into the habit of doing the following under-eye smoother every night before you go to bed; it will decongest the water and fatty deposits that can form bags. For five seconds press against the bridge of your nose (next to the inside corners of your eyes) with the soft pads of your two index fingers. Move fingers down to the base of the eye socket and press again for five seconds. Then move them along the socket bone, stopping to press firmly for five seconds until you reach past the temple to the hairline.



TURN GRAVITY ON ITS HEAD

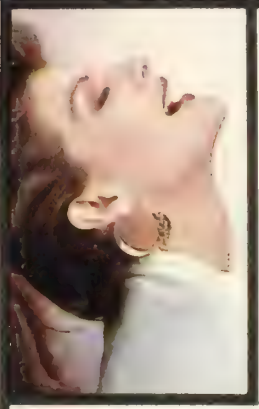
In time, the blood supply that flows to the skin, nourishing it with nutrients and oxygen, diminishes and you lose your naturally rosy cheeks and youthful look. To the rescue—regular aerobic exercise. Here's why: Exercise boosts blood circulation and increases blood volume so skin gets more nutrients and oxygen; precipitates perspiration, which flushes out dirt and impurities from the skin and brings more natural moisturizers to the epidermis; and raises skin temperature, which steps up production of collagen, keeping skin thick and young-looking. Another circulation helper: inversion exercises. By inverting the unrelenting pull of gravity with a headstand or hip bend (bend at the hip so head and arms are hanging), you'll reverse the flow of blood in your body, diverting it from the limbs back to the brain, eyes, ears and facial skin, thus improving the look and health of your skin.

Hands/neck



Hands can be the biggest age betrayers. Not only is the skin on your hands extremely thin, with few oil and sweat glands, but it is constantly exposed. A good protector: milk. Simply soak hands in a bowl of warm milk for ten minutes, rinse and moisturize. Or give your hands a facial. Apply a moisturizing face masque to your fingers and tops of hands up to your wrist. Let it dry, then wash off in lukewarm water. Follow by slathering on rich, emollient hand cream. Look for one with vitamin E. Some nutritionists claim a good B-complex vitamin is all it takes to get rid of brown spots. But if that doesn't work for you, try one of the many bleaching creams. You should see the results in two months.

Makeup, Leventé. Hair, Stephane Lempire. Manicure, Ling at Donsuki. Model, pages 128, 129 and 130 (bottom), Clare Hoak, Click. Details, page 201.



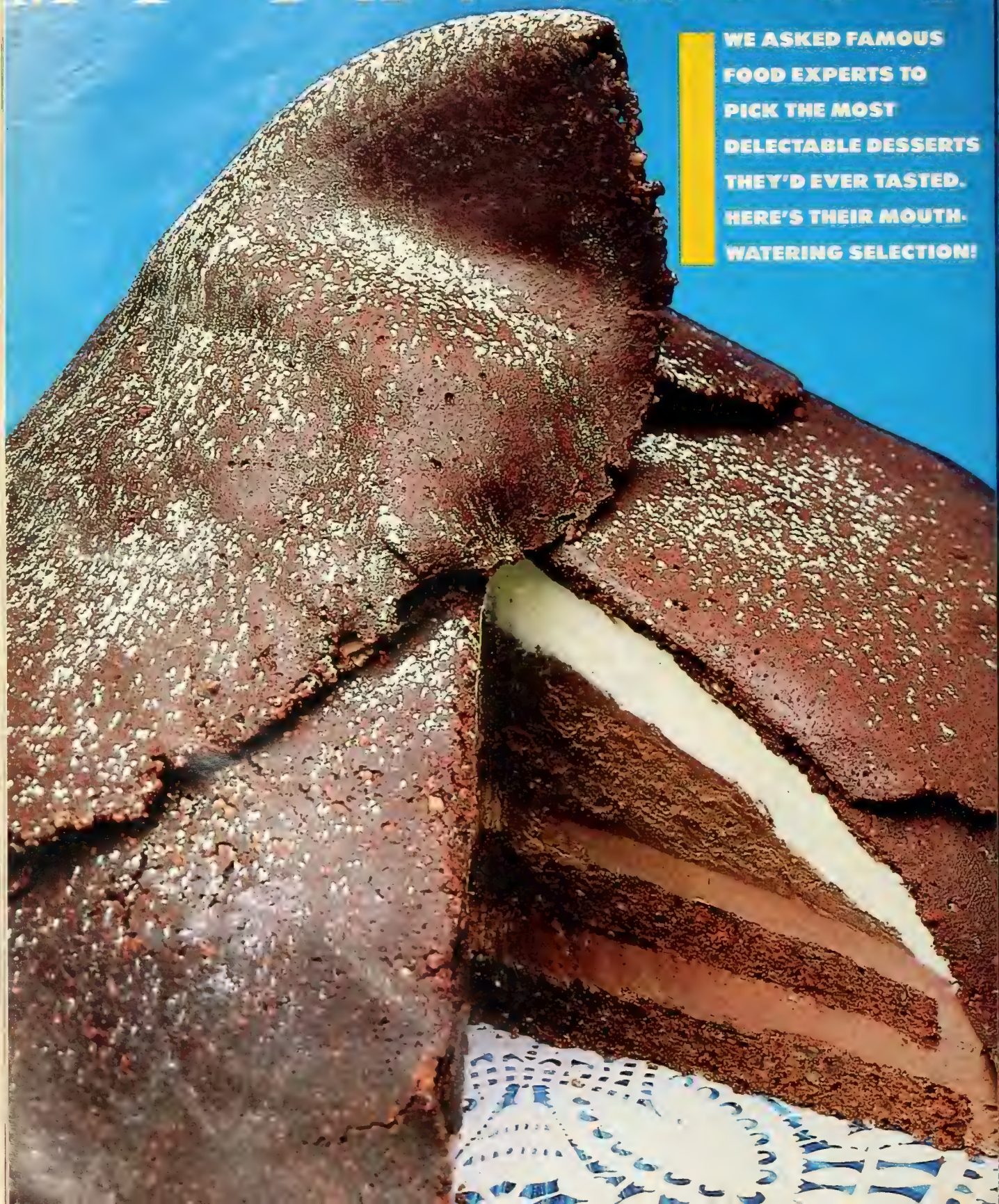
NECK LINES

Poor posture is a big culprit when it comes to double chins and crepey necks. Just standing up straight will do wonders for you. Try this isometric muscle strengthener: Sit, elbows on table, chin on folded, interlaced fingers. Press down with your chin as you press up with your fists. Hold for twenty seconds, relax and repeat ten times twice a day. Remember, your neck is an extension of your face.

Tohru Nakamura

MY FAVORITE

WE ASKED FAMOUS FOOD EXPERTS TO PICK THE MOST DELECTABLE DESSERTS THEY'D EVER TASTED. HERE'S THEIR MOUTH-WATERING SELECTION!



DESSERT



Oeufs à la Neige, Craig Claiborne, food editor, The New York Times: "My favorite desserts are what I think of as nursery desserts. They're comfort foods. This is the ultimate nursery dessert."

Chocolate Genoise Cake, Jean Anderson, cookbook author: "This scrumptious cake, from Cafe du Parc, in New York City, is light and not overly sweet."

Sarah's Banana Pudding, Jane and Michael Stern, cookbook authors: "Banana pudding is, in our opinion, almost better than sex! This recipe from Bobby Q's restaurant, in Cookeville, Tennessee, is the best ever."

Rose's Strawberry Cheesecake, Pierre Franey, chef and food columnist, The New York Times: "I love cheesecake, which I think is an American dessert. I particularly like this recipe borrowed from my wife's friend Rose D'Alessio."

Recipes for these desserts and more—including Julia Child's choice—begin on page 160.

Mount Kilimanjaro, Bert Greene, food columnist and cookbook author: "This dessert was invented in Paris in the twenties to honor the publication of Ernest Hemingway's *The Snows of Kilimanjaro*. The author is said to have consumed three portions in one sitting."

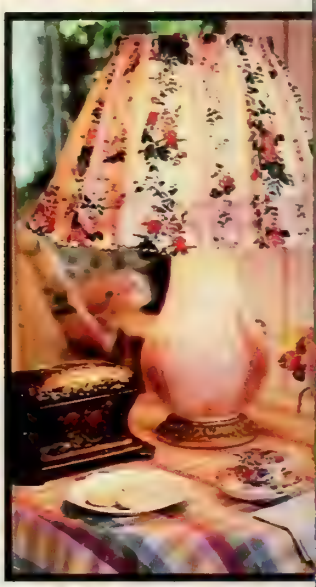
By Marilyn Diane Glass, Decorating and Design Editor

An airy stenciled diamond pattern turns a simple sisal rug into a striking focal point. Room designed by Josef Pricci, Ltd.

These two pages photographed at the Rogers Memorial Library Designer Show House, Southampton, NY.



Hang two sets of curtains to frame a lovely view. Add a valance to enhance a dressing table. Designed by Mark Hampton.



A shirred chintz skirt covering a standard parchment shade dresses up a simple lamp. Designed by Richard Lowell Neas.

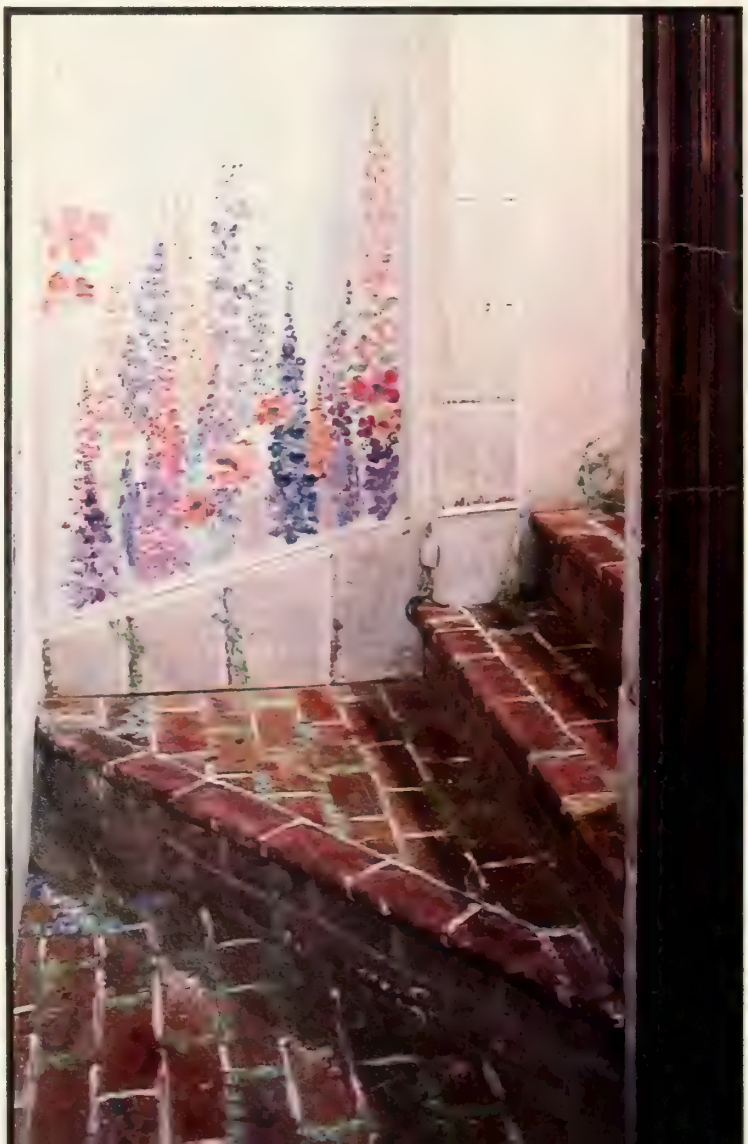


In a foyer, try the unexpected: pink ceiling, yellow walls. Designed by Kevin McNamara.

Maps of exotic lands make the bath seem like another world. Designed by Moroni Associates.



***Trompe l'oeil*—using paint to create an illusion—can add interest to even the most humdrum corners. Here, a dreary staircase becomes an enchanted garden with make-believe bricks, ivy and hollyhocks. Designed by Victoria Strong.**



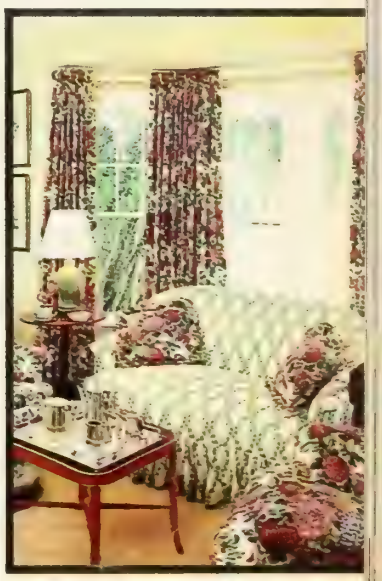
GREAT IDEAS

FROM TOP DECORATOR SHOW HOUSES

Now you can turn the ordinary into something smashing with these sensational tips borrowed from the best professional designers

rawing a blank on a nondescript wall? Make it colorful with three different allpapers, a border and some unusual pictures. Designed by Charles S. Riley.





A daring mix of vivid patterns—florals and stripes—can bring a lackluster room to vibrant life. Designed by Saunders and Walsh, Inc.



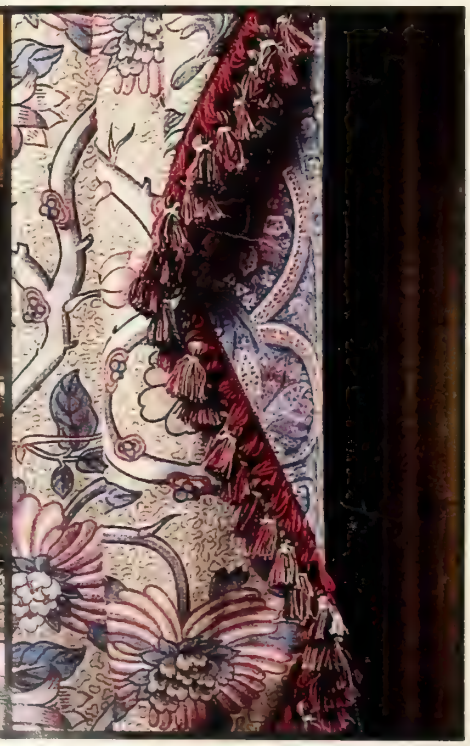
A fanciful touch for a dining- or living-room chair is an oversize bow that complements the seat cushion.

Recessed panels beneath the windows provide perfect spaces for small works of art. Here, a colorful Victorian pigeon-feather design does the trick. Wallpaper would work well, too.

More fabulous fakery: You can transform an ordinary fireplace into an elegant showpiece by painting the facing and hearth to look like marble —it's far less costly than the real thing.



Make a room dramatic with an unusual color combination. Designed by Gary Crain Associates, Inc.



For a festive surprise, choose an unusual contrasting fabric—such as a vivid paisley—for lining drapes.



Ideal wall decorations for the kitchen: framed menus from favorite restaurants. Designed by Kenneth Alpert.

More great ideas to help you add excitement to walls, brighten and beautify windows



A clever way to keep knitting at hand: Sew a pocket on the side of an easy chair.

Camouflage an unattractive view: Hang a pleated shade that draws up, not down. Designed by Rubén de Saavedra.



es your window have a dull outlook? Use the shade as your canvas to ate a pastoral fantasy. Designed by Beverly Ellsley Interiors.

ese two pages photographed at the Kips Bay Decorator Show House, NYC.



Elizabeth the extraordinary



Helmut Newton/Sygma

She's rich, famous, beautiful, difficult, kind, vulgar, outrageous and unpredictable, but she's never, never dull. By Anne Edwards

More than a movie star, Elizabeth Taylor has become our ultimate celebrity. We envy her beauty, jewels and jet-set lifestyle, but it is her complex personality that intrigues us most. She can be regally elegant, coolly sophisticated . . . or common, bawdy, even vulgar. She may be kind and generous . . . or sharp and acerbic. And no matter which face she is showing to the camera—or the public—we watch enraptured, eager to hear about the latest multimillion-dollar purchase, the latest lovers' quarrel or marriage proposal. But Elizabeth's most interesting achievement may not be her riches or her romances, but the new life she's creating for herself.

In a heavily wooded section of Bel-Air, high on a steep hill, behind a tall fence, stone walls, immense wooden doors reinforced by intricate wrought-iron grillwork and a complex alarm system, lies the home of Elizabeth Taylor. Only the very privileged get through these elaborate security measures.

Originally bought by Frank Sinatra for his first wife, Nancy, the house cost Elizabeth a reported $2 million—not an exorbitant sum in such an affluent community. The three- *(continued on page 171)*

The many facets of a bejeweled Elizabeth: Her left hand (facing page) is never without the 33-carat Krupp diamond ring, a gift from Richard Burton. Another Burton gift (see cover) is the three-hundred year-old pearl La Peregrina ("the wanderer"), once owned by royalty and now set in a necklace (with matching earrings) designed by Cartier. This page: Elizabeth resplendent in ruby-and-diamond necklace-bracelet-earring ensemble.

DINNER OF THE DECADE



Dekun, Inc.

Prince Charles and Princess Diana with Vice-President and Mrs. Bush

Just think of the excitement of dining with Prince Charles and Princess Diana! The spectacular candlelight dinner held at the British Embassy in Washington, D.C., last November in honor of the celebrated royal couple was surely the most glittering affair ever. Hosted by British Ambassador Oliver Wright and Lady Marjorie Wright, the party was the ultimate in elegance right down to the gleaming Georgian candlesticks. The crème de la crème of politics and society was there. So were we: The *Journal* met with the chef and received the recipes for the entire feast fit for a future king and his dazzling queen-to-be. Our exclusive begins on page 146. Cheers!

By Jan T. Hazard, Food and Equipment Editor



LHJ was allowed to photograph the embassy's Colonnade Ballroom shortly before the guests arrived



Terrine Charles, the first course



Roast Saddle of Lamb, Potatoes Bernier



Princess Diana Cake, laden with hazelnuts



Magnificent bouquets of Lady Diana roses, a variety named at the time of the royal wedding, bloomed on every table

Plates from Baccarat. Silverware from James Robinson, Inc. Details, page 201.
Photographs by Keith Scott Morton.

THE MOST ELEGANT TEA

This month there will be another gala at the British Embassy: a traditional high tea, sponsored by Food From Britain, U.S.A., to honor the closing of the National Gallery's exhibition "Treasure Houses of Britain." (The show's opening was the occasion for Charles and Diana's special visit.) It's the sort of tea the Princess serves at home in Kensington Palace when the Queen comes to call.



Ingredients for the quintessential high tea: top, Seed Cake; center, Scones with Mock Clotted Cream; bottom right, Brandy Snaps; bottom left, Maids of Honor.

Recipes for these pastries, plus those for Cheshire Cheese Tart, English Garden Salad, and more, begin on page 150.

Sideboard from Hyde Park Antiques, Ltd. Silver basket, sugar shaker, and round tray from Vito Giallo Antiques. Sterling silver teapot and strainer and square tray from James Robinson, Inc. Photo by Keith Scott Morton. Details, page 201.



THE PLUS IN PREGO PLUS.®

It's the only spaghetti sauce in a jar with meat you can sink your fork into.



Homemade taste. It's in there!™

THE DINNER OF THE DECADE

continued from page 140



Richard Trippett/Sipa

Chef Yasu Kawano and Lady Marjorie Wright, center, review the menu with *LHJ* food editor Jan Hazard as they await the arrival of dinner guests at the embassy.

MENU

Serves 10
***Terrine Charles**
***Roast Saddle of Lamb**
***Potatoes Bernier Zucchini Boats**
***Princess Diana Cake**
Sweetmeats
(assorted cookies and chocolates)
****Wines: White Riesling, Cabernet Sauvignon, Champagne**

***Recipe given**

SHOPPING LIST

- 1 boneless saddle of lamb (about 5 lbs.), trimmed and tied, or 1 boneless leg of lamb (about 7 lbs.), butterflied and tied
- 1 live lobster (2 lbs.)
- ¾ pound salmon fillets
- ½ pound sea scallops
- 10 medium shrimp
- 1¾ pounds butter
- 1 pound unsalted butter
- 2 pints heavy or whipping cream
- 2 dozen eggs
- 2½ pounds baking potatoes
- 5 medium zucchini
- 1½ pounds large carrots
- 1 package (10 oz.) frozen peas
- 1 bunch parsley
- 1 bunch mint
- 1 bunch basil
- 1 bunch fresh tarragon (or use dried)
- ¼ pound shallots
- ½ pint raspberries or strawberries
- 3 bottles (8 oz. each) clam juice
- 1 can (16 oz.) whole tomatoes
- ¼ pound blanched almonds
- ¼ pound shelled hazelnuts
- 6 squares (1 oz. each) semisweet chocolate
- 1 jar red currant jelly
- 1 bottle hazelnut liqueur

STAPLES TO HAVE ON HAND

All-purpose flour
Cake flour
Granulated sugar
Cornstarch
Nutmeg
Red food coloring
Fresh bread crumbs
Coffee
Salad oil
Olive oil
Ground red pepper
White pepper
Salt and pepper
Poppy seed
Vanilla extract
Garlic
Tomato paste
Dry white wine
Brandy or cognac

SCHEDULE

Up to 1 month ahead:
1. Invite guests.
2. Buy nonperishable ingredients, wine and liquor.

2 days before:
1. Buy remaining ingredients.
2. Prepare terrine and sauce; refrigerate.

1 day before:
1. Prepare cake. Cover; refrigerate.
2. Prepare potato mixture and shape into balls. Do not bread. Cover and refrigerate.
3. Set table and set up bar.

3 hours before serving:
1. Stuff lamb and let stand at room temperature.
2. Carve zucchini boats and make carrot balls. Blanch carrots, peas and zucchini separately. Fill zucchini with carrots and peas.

1½ hours before serving:
1. Bring potatoes to room temperature.
2. Roast lamb.

1 hour before serving:
1. Bring cake to room temperature.
2. Bread and fry potatoes; keep warm.

30 minutes before serving:
1. Reheat terrine and sauce.
2. Season zucchini boats. Heat covered in baking pan in 375°F. oven 10 minutes.

TERRINE CHARLES

pictured on page 141

- ¾ pound salmon fillets, skinned, boned and cut into 1-inch pieces
- ½ pound sea scallops
- 1 live lobster (2 lbs.; see note, page 148)
- 2 tablespoons olive oil
- ¼ cup unsalted butter, divided
- ¼ cup chopped shallots
- 1 garlic clove, crushed
- 2 tablespoons brandy
- ⅓ cup tomato paste
- Freshly ground white pepper
- Pinch ground red pepper
- 1 cup dry white wine
- 2½ cups bottled clam juice, divided
- 2 egg whites
- 3 cups heavy or whipping cream
- 1½ teaspoons salt
- 1 can (16 oz.) whole tomatoes, drained and chopped
- 1 tablespoon flour
- 1 tablespoon chopped parsley
- 1 teaspoon chopped fresh tarragon or ½ teaspoon dried
- 10 medium shrimp, shelled and deveined
- Freshly ground black pepper
- Parsley sprigs, for garnish

Reserve salmon and scallops in large bowl of ice. Place lobster on its back on cutting board. With sharp knife, cut lobster in half lengthwise through head and body. Cut in half at joint between body and tail. Cut off large claws and small legs; cut body into pieces.

In large skillet heat oil and 2 tablespoons butter over medium-high heat. Add shallots and garlic; saute 1 minute. Add all lobster pieces and saute until they begin to turn red, about 5 minutes. Add brandy and ignite; shake skillet until flame dies out. Stir in tomato paste, ½ teaspoon white pepper and ground red pepper. Add wine and 1 cup clam juice. Reduce heat; cover and simmer 15 minutes.

With slotted spoon or tongs, remove lobster claws, tail and legs. When cool enough to handle, remove meat and return shells to sauce. Cool meat. Chop coarsely and refrigerate until cold. To skillet add remaining 1½ cups clam juice. Cook 20 minutes or until reduced to 1½ cups. Strain into large saucepan; set aside.

In food processor puree salmon, scallops and egg whites until smooth. Transfer to metal bowl and chill over ice 1 hour, stirring every 15 minutes. Chill cream in freezer 15 minutes. Preheat oven to 325°F. Generously butter a 9x5x3-inch loaf pan. Return fish to food processor. Add salt and ¼ teaspoon white pepper. With machine on, add half the cream in a steady stream; stop machine and scrape sides. Blend in remaining cream until just combined. *Do not overprocess.* Spread half the mixture in prepared pan. Arrange half the chopped lobster down center. Top with remaining mixture. Cover with buttered parchment paper. Place in baking pan and pour in boiling water to reach ⅔ up sides of loaf pan. Bake 1 hour or until knife inserted in center comes out clean. Remove from oven and let stand in hot water 10 minutes before unmolding. Remove paper and unmold terrine onto platter. *(Can be made ahead. Do not unmold. Cover and refrigerate up to 2 days. Unmold, slice and place on jelly-roll pan between buttered sheets of parchment or wax paper. Reheat in 375°F. oven 10 minutes.)*

Add tomatoes and remaining chopped lobster to reserved cooking liquid; bring to a simmer. Combine 1 tablespoon butter with flour; whisk into sauce a little at a time. Simmer 5 minutes. Stir in parsley and tarragon. *(Can be made 2 days ahead. Let* *(continued)*

****The wines served at the dinner were Biddenden 1983, an English Riesling; Newton Cabernet Sauvignon 1981, from an English-owned California vineyard; and Bollinger Champagne 1975, which was served at the royal wedding in July 1981.**

"Stir-fry with Miracle Whip®? Hey Dave, this looks great."



Only the tang, the zip of MIRACLE WHIP Salad Dressing spices up a chicken vegetable stir-fry for 350 calories.*

It's so easy to make. So hard to pass up. So enjoy!

Quick Saucy Chicken Stir-Fry

- 2 Tbsp. oil
- 1 cup broccoli flowerets
- 1 cup cauliflowerets
- ¾ cup 2-inch julienne-cut carrots
- ¼ cup green onion slices
- 1 garlic clove, minced
- 3 chicken breast halves, skinned, boned, cut into 1-inch pieces
- ½ cup MIRACLE WHIP Salad Dressing
- 1 Tbsp. soy sauce
- ½ tsp. ground ginger

In large skillet, heat 1 Tbsp. oil over medium-high heat. Stir-fry vegetables 4 to 5 min. or until crisp-tender; remove. Add remaining oil to skillet. Stir-fry chicken 4 min. or until tender. Return vegetables. Remove from heat. Add combined remaining ingredients; mix well. Serve over hot cooked rice. 4 servings

*350 calories per serving without rice
397 calories per serving with ½ cup cooked rice



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cool; cover and refrigerate. Reheat over low heat.)

In small skillet saute shrimp in remaining 1 tablespoon butter over medium heat. Season with salt and pepper. Cut terrine into ¾-inch slices. Garnish with shrimp, parsley and sauce. Makes 10 servings, about 500 calories each.

Note: This recipe can be made without lobster. Serve with herbed butter sauce or beurre blanc instead.

ROAST SADDLE OF LAMB

pictured on page 141

- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 garlic cloves, minced
- ⅓ cup chopped fresh mint
- ⅓ cup chopped fresh basil
- 1 boneless saddle of lamb (about 5 lbs), trimmed and tied, or 1 boneless leg of lamb (about 7 lbs.), butterflied and tied
- Red currant jelly

In small bowl combine salt, pepper, garlic and herbs. With fingers and handle of wooden spoon, stuff into openings in lamb. *(Can be prepared ahead. Let stand at room temperature up to 3 hours.)*

Preheat oven to 500°F. Place lamb fat side up on rack in roasting pan. Roast 15 minutes. Reduce temperature to 375°F. Roast 40 minutes more for rare, 45 minutes more for medium-rare. (For leg of lamb, roast 1 hour more for rare, 70 minutes more for medium-rare.) Let stand 10 minutes before slicing. Serve with jelly. Makes 10 servings, about 480 calories each for saddle of lamb, 590 calories each for leg of lamb.

POTATOES BERNIER

pictured on page 141

- 2½ pounds baking potatoes (no substitutions), unpeeled
- Salt
- 2 tablespoons butter, softened
- 2 egg yolks, beaten
- ½ teaspoon freshly ground pepper
- Pinch nutmeg
- 2 eggs
- 1 tablespoon water
- 1 tablespoon salad oil
- ½ cup fresh bread crumbs
- 1 tablespoon poppy seed
- ½ cup all-purpose flour
- ½ cup coarsely ground almonds
- Salad oil for deep frying

In large saucepan combine potatoes with water to cover and 1 tablespoon salt. Cover and bring to a boil; cook until very soft, about 45 minutes. Peel potatoes. Force through ricer or sieve into large bowl. With wooden spoon beat in butter, egg yolks, 1½ teaspoons salt, pepper and nutmeg. Roll into 1-inch balls. *(Can be made ahead. Cover and refrigerate up to 24 hours. Let stand at room temperature 30 minutes.)*

In large bowl beat eggs with water and oil. In medium bowl combine bread crumbs and poppy seed. Dredge balls lightly in flour. Dip in egg mixture. Roll half the balls in bread crumbs and the other half in almonds. Let stand on cookie sheets 10 minutes.

In deep-fat fryer heat oil to 375°F. Fry almond-coated balls 45 seconds; drain on paper towels. Fry crumb-coated balls 30 seconds; drain on paper towels. Keep warm in oven up to 30 minutes. Makes 60, 45 calories each.

PRINCESS DIANA CAKE

pictured on page 141

Cake

- 1¼ cups cake flour
- ¼ teaspoon salt
- 6 eggs
- ¾ cup sugar
- 2 teaspoons vanilla extract
- 10 tablespoons clarified butter*

Chocolate Layer

- 6 squares (1 oz. each) semisweet chocolate
- ¼ cup very strong brewed coffee
- 6 eggs, separated, at room temperature
- ¾ cup sugar
- 2 tablespoons cornstarch
- ⅓ cup toasted, skinned and ground hazelnuts

Sugar Syrup

- ½ cup water
- ⅓ cup sugar
- Pinch salt
- 2 tablespoons brandy or cognac

Buttercream

- 1¾ cups unsalted butter, softened
- 2 eggs
- 4 egg yolks
- 1 cup sugar
- 2 tablespoons hazelnut liqueur
- Pinch salt
- ⅓ cup toasted, skinned and ground hazelnuts
- Red food coloring

- Raspberries or strawberries, for garnish
- Spun sugar (optional)

Cake: Adjust oven rack to middle position. Preheat oven to 350°F. Butter a 10x2-inch round cake pan. Line bottom with wax paper; butter paper. Sprinkle lightly with flour.

Sift together flour and salt into medium bowl. In mixer bowl set over saucepan of simmering, not boiling, water, combine eggs and sugar. Whisk until warm and sugar is dissolved. Remove from heat; beat at high speed 5 to 10 minutes. (Mixture will triple in volume and form ribbon when beater is lifted.) Beat in vanilla.

Sift in dry ingredients in 2 batches, folding each in gently with spatula. Drizzle in clarified butter and fold until just incorporated. *Do not overmix.* Pour into prepared pan. Bake 25 to 30 minutes, until toothpick inserted in center comes out clean. Cool in pan 5 minutes. Remove and cool on rack. Peel off paper.

Chocolate Layer: Adjust oven rack to highest position. Lightly grease a 10x2-inch round cake pan. Line bottom and sides with wax paper, letting paper extend over edge. Lightly grease paper.

In small saucepan combine chocolate and coffee. Heat over low heat, stirring until chocolate is melted; keep warm.

In large mixer bowl beat egg yolks until very thick and lemon-colored, about 5 to 10 minutes. Beat in sugar and cornstarch. Beat in chocolate mixture. Fold in hazelnuts. In another large mixer bowl beat egg whites until stiff peaks form. Fold into chocolate mixture. Spread evenly in prepared pan. Bake 30 minutes. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack. Peel off paper.

Syrup: In small saucepan combine water, sugar and salt. Bring to a boil and simmer 1 minute, stirring once or twice. Cool. Stir in brandy.

Buttercream: In large mixer bowl cream butter until very light and fluffy. Set aside. In another large mixer bowl set over simmering, not boiling, water combine eggs, egg yolks and sugar. Whisk until warm and sugar is dissolved. Remove from heat; beat at high speed until mixture is the consistency of mayonnaise, about 5 to 6 minutes. Beat in liqueur and salt. With mixer at medium speed, gradually beat mixture into butter, scraping bowl occasionally. Transfer 1¼ cups buttercream to medium bowl and fold in hazelnuts. Stir food coloring into remaining buttercream until pale pink.

To assemble: With long serrated knife slice plain cake horizontally into 2 even layers. Brush cut sides with syrup. Place 1 layer cut side up on serving dish. Spread with ¾ cup nut buttercream. Top with chocolate layer. Spread with remaining nut buttercream. Top with remaining plain layer cut side down. Spread top and sides with thin layer of pink buttercream. With pastry bag, pipe pink buttercream rosettes on top. *(Can be made ahead. Cover loosely and refrigerate up to 24 hours. Let stand at room temperature 1 hour.)* Garnish with berries and spun sugar. Makes 16 servings, about 575 calories each.

To clarify butter:* Melt ¾ pound plus 1 tablespoon butter over low heat. Skim foam off top. Pour clear liquid into measuring cup. **End

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Does your pasta pass the shake and sniff test?

One whiff should tell you it's going to taste great. Even before you taste it.
To make sure your pasta passes, shake on a parmesan aged 10 long months.
RAFT Parmesan. It enhances your seasonings and spices. Makes your sauce better than ever.
So when you inhale that rich, mellow aroma, you'll know great Italian taste isn't far behind.

KRAFT Parmesan. Give your pasta a fair shake.™

MOST ELEGANT TEA

continued from page 142

HIGH TEA MENU

SERVES 16

***Minted Cucumber Sandwiches**
***Curried Egg Sandwiches**
Smoked Salmon with *Sauce Verte
***Cheshire Cheese Tarts**
***English Garden Salad**
Assorted Cheeses with Water Biscuits
***Scones with Mock Clotted Cream and Strawberry Jam**
***Seed Cake**
***Maids of Honor**
***Brandy Snaps**
Shortbread

Choice of Lapsang Souchong, English Breakfast and Earl Grey Teas
Madeira, Sherry or Scotch
***Recipe given**

MINTED CUCUMBER SANDWICHES

- 2 packages (3 oz. each) cream cheese, softened
- 4 teaspoons chopped fresh mint
- 16 very thin slices white bread, crusts removed
- 1 European cucumber, sliced very thin

In small mixer bowl beat cream cheese. Beat in mint. Spread very thinly on bread. Cut each slice in half, forming 2 rectangles. Top half the rectangles with cucumber slices, then top with remaining rectangles. Makes 16 sandwiches, about 80 calories each.

CURRIED EGG SANDWICHES

- 3 tablespoons mayonnaise
- 1 teaspoon curry powder
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 hard-cooked eggs, chopped
- 6 tablespoons unsalted butter, softened
- ¼ cup chutney, chopped
- 16 very thin slices pumpernickel or whole wheat bread, crusts removed

In medium bowl combine mayonnaise, curry powder, salt and pepper. Stir in eggs. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

In small bowl combine butter with chutney until smooth. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Spread on bread. Top half the slices with egg salad, then top with remaining bread. Cut sandwiches diagonally into quarters. Makes 32 sandwiches, about 70 calories each.

SAUCE VERTE

- 1 egg, at room temperature
- 2 teaspoons lemon juice
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1¼ cups salad oil
- 2 cups watercress leaves
- ½ cup parsley leaves
- 3 tablespoons chopped chives

In food processor or blender combine egg, lemon juice, mustard, salt and pepper. With machine on, drizzle in ¼ cup oil. Add ½ cup more oil one drop at a time. Add remaining ½ cup oil in a fine, steady stream. Add watercress, parsley and chives; process until blended. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Serve with salmon. Makes 1½ cups, about 110 calories per tablespoon.

CHESHIRE CHEESE TART

Pastry

- 1 cup plus 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- 6 tablespoons cold butter
- 3 to 4 tablespoons ice water

- ¼ pound ham, chopped fine
- 1 teaspoon dry mustard
- 6 ounces Cheshire or Cheddar cheese, grated and divided
- 2 tablespoons butter
- 3 tablespoons flour
- 1 cup milk, scalded
- 4 eggs, separated, at room temperature
- 1 egg, beaten with 1 tablespoon milk

Pastry: In medium bowl combine flour and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Sprinkle in water, tossing with fork, until pastry is moist enough to hold together. Refrigerate at least 30 minutes.

On lightly floured surface, roll pastry ⅛ inch thick. Fit into 9-inch pie plate. *(Can be made ahead. Freeze up to 2 weeks. Thaw 30 minutes.)*

Preheat oven to 400°F. In small bowl combine ham and mustard; sprinkle in pastry shell. Top with one third of cheese. In small saucepan melt butter. Stir in flour and cook, stirring, 2 minutes. Stir in milk. Bring to a boil; reduce heat and cook, stirring occasionally, 10 minutes. Remove from heat; whisk in egg yolks and remaining cheese. In medium bowl beat egg whites until stiff peaks form; fold into cheese mixture. Pour into shell. Brush edge of shell with egg-milk mixture. Bake 30 minutes. Makes 8 servings, about 345 calories each.

Note: Make 2 tarts for this menu.

ENGLISH GARDEN SALAD

Dressing

- ⅓ cup chopped chives
- ⅓ cup chopped parsley
- ¼ cup sherry vinegar
- ¼ cup olive oil
- ¼ cup salad oil
- 2 tablespoons minced shallots
- 1 tablespoon Dijon mustard
- 1½ teaspoons salt
- ¾ teaspoon freshly ground pepper
- 2 heads Boston or butter lettuce, torn
- 2 bunches watercress, torn
- 1 bag (6 oz.) radishes, sliced very thin

Dressing: In small jar with tight-fitting lid combine all ingredients. Shake well. *(Can be made ahead. Refrigerate until 2 hours before serving.)*

In large salad bowl combine vegetables. Toss with dressing. Makes 16 servings, about 55 calories each.

SCONES

pictured on page 142

- 4 cups all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- ½ cup cold butter, cut up
- ½ cup currants (optional)
- 2 egg yolks
- 1⅓ cups plus 1 tablespoon half and half cream

Mock Clotted Cream

- 1 cup heavy or whipping cream
- ¼ cup sour cream

Preheat oven to 400°F. Grease 2 cookie sheets.

In large bowl combine flour, sugar, baking powder, baking soda and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in currants. In small bowl combine egg yolks and 1⅓ cups cream. Stir into flour mixture, tossing with fork, until pastry is moist enough to hold together. On lightly floured surface, knead 8 to 10 times, until smooth. Pat or roll dough ¾ inch thick. Cut with 2-inch round biscuit cutter dipped in flour. Place on prepared sheets. Reroll scraps and make more scones. Brush scones with remaining 1 tablespoon cream. Bake 15 minutes or until golden. *(Can be made ahead. Wrap well and freeze up to 1 month. Reheat in 325°F. oven.)* Serve with Mock Clotted Cream and strawberry jam. Makes 30, about 90 calories each with currants.

Mock Clotted Cream: In small mixer bowl beat cream and sour cream until soft peaks form. Makes 2¼ cups, about 25 calories per tablespoon.

SEED CAKE

pictured on page 142

- ¾ cup butter, softened
- 2 cups sifted confectioners' sugar
- ½ teaspoon vanilla extract
- 3 eggs
- 1¾ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ⅛ teaspoon mace (optional)
- 6 tablespoons milk
- 2 teaspoons caraway seed
- 1 teaspoon grated lemon peel

(continued)


KRAFT
DINNERS
Macaroni &
Cheese Dinner
Know why Kraft® has "grater" appeal?
It's the cheesiest!
KRAFT

MOST ELEGANT TEA
continued

Preheat oven to 325°F. Grease a 6-cup kugelhopf pan or 8x4x2½-inch loaf pan.

In large mixer bowl cream butter with sugar until light and fluffy. Beat in vanilla. Add eggs one at a time, beating well after each addition. Beat 5 minutes or until very pale.

In medium bowl combine flour, baking powder, salt and mace. Beat into butter mixture alternately with milk at low speed. Stir in caraway seed and lemon peel. Spoon into prepared pan. Bake 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 30 minutes. Remove from pan and cool completely. Wrap tightly in plastic wrap and let stand at least 24 hours. *(Can be made ahead. Wrap and freeze up to 1 month. Thaw wrapped.)* Cut into ½-inch slices. Makes 16 servings, 200 calories each.

MAIDS OF HONOR

pictured on page 142

Pastry

- ¾ cup all-purpose flour
- 1 teaspoon sugar
- ⅛ teaspoon salt
- 3 tablespoons cold butter, cut up
- 1 tablespoon cold shortening
- 2 to 3 tablespoons ice water

Filling

- ½ cup almond paste
- 1 tablespoon sugar
- 1 egg
- 3 tablespoons heavy or whipping cream
- 1 teaspoon grated lemon peel

Pastry: In medium bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle with water, tossing with fork, until moist enough to hold together. Wrap in plastic wrap and refrigerate 30 minutes.

On lightly floured surface, roll pastry ⅛ inch thick. Line fifteen 2-inch round tartlet molds with pastry. Reroll scraps and line 15 more molds. Place shells on cookie sheets.

Filling: Preheat oven to 400°F. In mixer bowl beat almond paste with sugar until combined. Add egg and beat until smooth. Stir in cream and lemon peel.

Spoon 1 teaspoon filling into each shell. Bake 20 to 22 minutes, until golden. Remove from molds and cool on wire rack. *(Can be made ahead. Wrap well and freeze up to 1 month. Thaw wrapped.)* Makes 30 tartlets, about 60 calories each.

BRANDY SNAPS

pictured on page 142

- ½ cup butter
- ½ cup golden syrup (or 6 tablespoons corn syrup and 2 tablespoons light molasses)
- 3 tablespoons sugar
- 1 teaspoon ginger
- Pinch salt
- 1 tablespoon brandy
- ⅔ cup all-purpose flour
- 1½ cups heavy cream, whipped

Preheat oven to 350°F. Grease 2 cookie sheets.

In heavy saucepan combine butter, syrup, sugar, ginger and salt. Bring to boil over medium heat. Remove from heat; stir in brandy. Sift in flour and whisk until combined. Keep batter warm in large pan of hot water. Drop by tablespoonfuls onto cookie sheets, 4 per sheet. Bake 7 to 10 minutes, until brown. Cool on sheet 1 minute or just until cookies can be lifted without wrinkling but are still pliable. Invert onto counter and roll around a broom handle or cannoli molds, pressing to seal seam. If cookies harden before rolling, return to oven 30 seconds to soften. Repeat with remaining batter. *(Can be made ahead. Store in airtight container up to 2 days.)* Fill pastry bags with whipped cream; pipe into cookies. Makes 24, about 130 calories each. **End**

BEST-FOR-YOU VEGETABLES
continued from page 126

MANICOTTI VERDE

pictured on page 127

Homemade crepes make this recipe extra-special. A filling of greens and ricotta makes it extra nutritious, too.

Manicotti

- 1 cup all-purpose flour
- ⅛ teaspoon salt
- 4 eggs, at room temperature
- 1 cup water

Tomato Sauce

- 1 tablespoon olive oil
- ½ cup chopped onion
- 3 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 cans (14½ or 16 oz. each) whole tomatoes, chopped
- ½ teaspoon freshly ground pepper

Filling

- ½ pound kale
- ½ pound turnip greens
- 2 eggs, lightly beaten
- 1 container (15 oz.) low-fat ricotta cheese
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- ⅛ teaspoon nutmeg

Manicotti: In mixer bowl combine all ingredients. Beat just until smooth. Let rest at least 30 minutes. Lightly brush an 8-inch skillet with butter. Heat until very hot. Pour in just enough batter to cover bottom, quickly rotating skillet to spread evenly. (Do not turn.) Cook until crepe is dry but not browned. Cool on wire rack. Repeat with remaining batter. Stack crepes between sheets of wax paper.

Tomato Sauce: In medium saucepan heat oil. Add onion and cook over medium heat until translucent. Add remaining ingredients and cook 30 minutes, stirring occasionally.

Filling: On steamer rack steam greens 5 minutes. Drain thoroughly, pressing out as much water as possible. Chop coarsely. In large bowl combine with remaining ingredients.

Preheat oven to 375°F. Spread ½ cup tomato sauce in bottom of 13x9-inch baking pan. Spoon ¼ cup filling on each crepe and roll up. Place in prepared pan. Top with 1 cup tomato sauce. Cover with foil and bake 25 minutes. In small saucepan heat remaining sauce and serve on the side. Makes 6 main course servings, 350 calories each, or 12 side dish servings, 175 calories each.

NEW ENGLAND BOILED DINNER

pictured on page 127

Hearty corned beef, a bevy of colorful vegetables—nothing could be more comforting on a chilly evening.

- 3 pounds uncooked corned beef
- 1 tablespoon salad oil
- 2 medium onions, sliced
- 1 small carrot, chopped
- ½ bay leaf
- 1 whole clove
- ¼ teaspoon concentrated beef-flavored liquid bouillon
- 3 medium potatoes, peeled and cubed
- 1 container (10 oz.) Brussels sprouts
- 4 small carrots, halved lengthwise
- 4 small parsnips, halved lengthwise
- 10 small white onions, peeled
- ½ pound rutabaga, cut into thin wedges
- ¼ cup chopped parsley
- ½ teaspoon freshly ground pepper
- ½ cup applesauce
- ¼ cup creamy horseradish sauce

In large saucepot or Dutch oven cover corned beef with cold water; bring to a boil. Drain. Cover corned beef again with water and bring to a boil. Reduce heat to a simmer. Meanwhile, in large skillet heat oil. Add sliced onions and chopped carrot; saute 5 minutes. Add to corned beef with bay leaf and whole clove. Cover and simmer 3 hours or until tender. *(Can be made ahead. Cover and refrigerate in broth up to 2 days.)*

Remove corned beef from pot; set aside. Strain broth and return to pot. Bring to a simmer. Stir in bouillon and add potatoes. Cover and simmer 5 minutes. Add Brussels sprouts, halved carrots, parsnips and small onions; cover and simmer 7 minutes. Add rutabaga and simmer *(continued on page 157)*

Recipes made with Philly only taste fattening.





HALF THE CALORIES
OF BUTTER OR MARGARINE.



Bake with Philly and enjoy!

PHILADELPHIA BRAND Cheesecake

1 cup graham cracker crumbs
3 tablespoons PARKAY Margarine, melted

* * *

2 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened
½ cup sugar
1 tablespoon lemon juice
1 teaspoon grated lemon rind
½ teaspoon vanilla
2 eggs, separated

Combine crumbs and margarine; press onto bottom of 9-inch springform pan. Bake at 325°, 10 minutes.

Combine cream cheese, sugar, juice, rind and vanilla, mixing at medium speed on electric mixer until well blended. Add egg yolks, one at a time, mixing well after each addition. Fold in stiffly beaten egg whites; pour over crust. Bake at 300°, 45 minutes. *12 servings*

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NEW COUNTRY INN
THEY'RE INSPIRED BY

Uncle Ben's brings them to you.



At fine country inns, like Madrona Manor in Sonoma Co., Calif., a rice side dish is often a unique recipe, handed down through generations, and painstakingly prepared by cooks like Todd and Terry Muir. Like other country inn cooks, they use only the finest long grain rice, fresh-picked garden vegetables, herbs, nuts, zesty cheeses, and savory spices in their recipes.



Todd and Terry Muir, country inn coo

Finding inspiration.

To find inspiration for new Country Inn™ Brand Rice Dishes, Uncle Ben's went



Madrona Manor, Sonoma County, CA

to the finest country inns in America.

Vegetable Rice Medley.

New Country Inn™ Brand Vegetable Rice Medley with Chicken Flavor is the kind of dish you can enjoy at Madrona Manor. It's a delicious blend of shoestring carrots, country spinach, rice, and roasted almonds.

Broccoli Rice Au Gratin.

Taste Broccoli Rice Au Gratin the way they serve it at the Four Columns Inn in Vermont. The inn is renowned for its inventive gourmet cuisine.





RICE DISHES.
OLD COUNTRY INNS.

New Country Inn™ Brand Broccoli Rice Au Gratin is a creative combination of broccoli, rice, onions, and 3 cheeses.

Rice Florentine.

Uncle Ben's chose historic Susina Plantation Inn in Georgia for its Rice Florentine. Innkeeper Ann Marie Walker likes to serve the local catch with this special rice dish. Country Inn™ Brand Rice Florentine marries spinach, parsley, rice and minced onions in a light creamy sauce.

Rice Oriental.

In Bucks County, Penna., the Black Bass Hotel once catered to traders of the 1740s. Today's guests dine on Rice Oriental with vegetables. And now you can dine at home on new Country Inn™ Brand Rice Oriental with Vegetables and Beef Flavor. Rice, onion, mushrooms, and red bell peppers in an oriental sauce make this a spirited dish.

Now it's easy for you to serve recipes inspired by the best country inns. Uncle Ben's put everything right in the package. Combine the rice and carefully blended ingredients, add butter and water, and cook 20 minutes.

Try all four of these delicious rice side dishes. Your whole family will enjoy them.



SERVE THE RECIPES OF THE BEST COUNTRY INNS.

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HOW TO MAKE GOOD CASSEROLES GREAT



Durkee Real French Fried Onions.
Nothing else adds that crunch... that savory onion flavor!



Beefy Mexican Lasagna

1 pound ground beef
1 can (16 oz.) whole tomatoes, cut up
1 package (1⅛ oz.) Durkee Taco Seasoning
1 can (2.8 oz.) Durkee French Fried Onions
1 carton (12 oz.) cottage cheese
1½ cups (6 oz.) shredded Cheddar cheese
2 eggs, slightly beaten
12 (6-inch) flour or corn tortillas*
1 tomato, chopped
Shredded lettuce

In large skillet, brown beef; drain. Add canned tomatoes and taco seasoning; simmer, uncovered, 5 minutes. Stir in *½ can* French Fried Onions. In bowl, combine cottage cheese, *1 cup* Cheddar cheese and eggs. Place 3 tortillas on the bottom of a greased 8 x 12-inch baking dish. Overlap 6 tortillas around sides of baking dish. Spoon meat mixture evenly in dish. Top with 3 tortillas then with cheese mixture. Bake, covered, at 350° for 45 minutes. Sprinkle with remaining cheese. Place remaining onions in center of casserole; bake, uncovered, 5 minutes longer. Before serving, arrange tomatoes and lettuce around edge of casserole.

**Refrigerated or thawed frozen tortillas work fine.* MAKES 6 servings.

Make your own casseroles even better:

1. Stir in ½ can with other ingredients for zest and flavor.
2. Sprinkle remaining onions over casserole during last 5 minutes of baking for a magnificent crunchy topping.

BEST-FOR-YOU VEGETABLES

continued from page 152

until all vegetables are tender, about 5 minutes. Remove bay leaf.

Slice corned beef. Return to pot and heat through. Stir in parsley and pepper. In small bowl combine applesauce and horseradish sauce. Serve with corned beef and strained broth. Makes 8 servings, about 465 calories each.

TURKEY AND KALE STIR-FRY

pictured on page 127

Chinese cooking method with an all-American touch.

- 1 tablespoon cornstarch
- 1 tablespoon white wine or water
- 1 teaspoon salt
- 1 egg white
- 1 pound turkey cutlets, cut against the grain into ¼-inch strips
- 7 ounces whole wheat spaghetti or very thin noodles, broken in half
- 2 tablespoons salad oil combined with 1 tablespoon sesame oil (or 3 tablespoons salad oil)
- 1 garlic clove, minced
- ⅛ teaspoon crushed red pepper
- 4 cups packed shredded kale (½ lb.)
- 1 red pepper, cut into ¼-inch slices
- 3 green onions, julienned
- 3 tablespoons soy sauce

In medium bowl combine cornstarch and wine. Add salt, egg white and turkey; toss to combine. Marinate at room temperature 30 minutes. Cook spaghetti in boiling salted water according to package directions. Drain and rinse well under cold water.

In wok or large skillet heat 1 tablespoon oil over medium-high heat. Add garlic and crushed red pepper; stir-fry 1 minute. Add kale and stir-fry until kale is bright green, about 2 minutes; set aside. Heat 1 more tablespoon oil in wok or skillet. Add turkey and stir-fry until golden, about 4 to 5 minutes. Set aside with kale. Heat remaining 1 tablespoon oil. Add red pepper, green onions and pasta; cook, stirring, 30 seconds. Return kale and turkey to wok. Add soy sauce; toss well. Makes 4 servings, about 430 calories each.

SESAME BROCCOLI SALAD

You'll never think of broccoli as a plain-Jane vegetable again after tossing it with this Oriental dressing.

- 1 large bunch broccoli (about 2½ lbs.), trimmed and cut into 1-inch pieces
- 4 teaspoons soy sauce
- 1 tablespoon salad oil
- 1½ teaspoons sesame oil
- 1 teaspoon rice wine vinegar
- 1 teaspoon honey
- Dash chili oil
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 2 tablespoons toasted sesame seed

On steamer rack steam broccoli covered 5 minutes or until tender-crisp but still bright green. Cool. In large bowl combine remaining ingredients. Add broccoli and toss. Let stand 1 hour. Makes 6 to 8 servings, about 90 calories each per 6, 70 calories each per 8.

To microwave: In 2-quart microwaveproof dish combine broccoli and ½ cup water. Microwave covered on High 8 minutes, rotating dish once. Cool. Proceed with recipe.

GLAZED VEGETABLE MEDLEY

Easy-to-make onions, carrots and turnips, with a sophisticated golden glaze.

- 2 cups pearl onions, unpeeled
- 2 cups cubed carrots
- ½ cup water
- 2 tablespoons butter or margarine
- 2 tablespoons sugar
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 cups cubed turnips

In small saucepan cover onions with water and bring to a boil. Drain and rinse under cold water. Peel. *(continued)*



In large skillet combine carrots, water, butter, sugar, salt and pepper; cover with foil and lid. Bring to a boil and simmer 5 minutes. Add turnips and cook 5 minutes more. Remove lid and foil. Add onions; increase heat and cook, shaking pan and stirring gently, until liquid has evaporated and vegetables are caramelized, 15 to 20 minutes. Makes 6 servings, 100 calories each.
To microwave: Follow recipe directions for blanching onions. In 10-inch microwaveproof dish combine carrots, ¼ cup water, butter, sugar, salt and pepper; microwave on High covered 4 minutes. Stir in turnips; microwave on High covered 4 minutes. Add onions; microwave on High uncovered 10 minutes or until liquid has evaporated and vegetables are caramelized.

SPAGHETTI SQUASH WITH TUNA

Toss tuna with crispy spaghetti squash for an imaginative taste reminiscent of linguine with clams.

- 1 medium spaghetti squash (3 lbs.)
- 3 tablespoons olive oil
- ½ cup finely chopped carrot
- 1 tablespoon minced garlic
- 1 bottle (8 oz.) clam juice
- 1 can (6½ oz.) tuna packed in water, drained and flaked (reserve water)
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper
- Chopped parsley, for garnish

In large saucepan combine squash with water to cover. Cook covered 45 minutes or until squash is soft.

Meanwhile, in large skillet heat oil. Add carrot and garlic; saute 2 minutes. Add clam juice and reserved tuna water and simmer 5 minutes. Stir in tuna, salt and pepper; heat through.

Split squash in half. Remove seeds. With fork gently pull "spaghetti" strands from cavity. Arrange on platter. Top with sauce. Garnish with parsley. Makes 4 servings, 225 calories each.
To microwave: With sharp knife pierce squash rind in several places. Place on paper towel and microwave on High 10 minutes. Let stand covered 5 minutes. Proceed with recipe.

KASHA-STUFFED ACORN SQUASH

Not just a vegetable: perfect as a meatless entree or a hearty side dish.

- 2 small acorn squash (about 1 lb. each), halved crosswise and seeded
- ¼ cup raisins
- ¼ cup apple juice or water
- ½ cup uncooked medium-grain kasha
- 1 egg, beaten and divided
- ¾ cup chicken broth
- Salt and freshly ground pepper
- 2 tablespoons butter or margarine
- ¾ cup chopped onion
- ⅓ cup coarsely chopped walnuts
- ⅓ cup fresh bread crumbs
- 2 tablespoons honey, divided

Preheat oven to 400°F. In large shallow baking pan place acorn squash halves cut side down. Add 1 inch water to pan. Bake 40 minutes.

Meanwhile, in small bowl soak raisins in apple juice or water. In medium skillet toss kasha with 2 tablespoons beaten egg; cook over low heat, stirring, until kasha grains are dry and separated.

In medium saucepan bring broth to a boil with ½ teaspoon salt and ¼ teaspoon pepper. Add kasha; cover and cook over low heat 8 minutes or until broth is absorbed.

In small skillet melt butter or margarine. Add onion and saute over low heat until golden, about 15 minutes. Add walnuts and saute 2 minutes. Drain raisins. Toss kasha with onion-walnut mixture, raisins, bread crumbs, 1 tablespoon honey and remaining egg.

Drain water from pan of squash. Brush squash cavities with remaining 1 tablespoon honey. Season lightly with salt and pepper. Mound kasha mixture in squash halves; cover with foil and bake 25 minutes. Makes 4 servings, about 360 calories each.
To microwave: In 12x8-inch microwaveproof baking dish place squash cut side down. Cover with plastic wrap. Microwave on High 8 to 12 minutes, rotating dish once. Let stand 5 minutes. Stuff squash as directed. Return to baking dish and cover with plastic wrap. Microwave on High 3 minutes. Let stand covered 5 minutes.

TWICE-BAKED SWEET POTATOES

These potatoes have a soufflé-like texture that makes them great for company.

- 4 sweet potatoes or yams (10 oz. each)
- 2 eggs, separated, at room temperature
- ¾ cup milk
- 6 tablespoons butter, divided
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- ½ cup pecans, toasted and chopped
- 3 tablespoons currant jelly

Preheat oven to 450°F. Prick sweet potatoes. Bake 1 hour. Halve potatoes. Carefully scoop out pulp, reserving shells. Reduce oven temperature to 325°F.

In food processor combine sweet potato pulp, egg yolks, milk, 2 tablespoons butter, salt and cinnamon; puree. Transfer to medium bowl. In small bowl beat egg whites until stiff peaks form. Fold into potato puree. Fold in pecans.

With spoon or pastry bag refill potato shells. Bake on cookie sheet 30 minutes or until lightly browned. Mix remaining butter with the jelly until well combined. Top potatoes with dollops of currant butter just before serving. Makes 8 servings, 290 calories each.
To microwave: With fork prick potatoes. Place on paper towel and microwave on High 13 to 15 minutes, rotating once. Let stand 5 minutes. Proceed with recipe and fill shells as directed. Microwave on High 5 minutes.

PARSLIED KOHLRABI AND CARROTS

There's no need to gild the lily here. Just steam the carrots and kohlrabi and toss with parsley and butter.

- 2 cups julienned kohlrabi
- 2 cups julienned carrots
- 2 tablespoons butter or margarine
- 2 tablespoons chopped parsley
- 1 teaspoon lemon juice
- Salt and freshly ground pepper

In saucepan with rack steam kohlrabi 5 minutes. Add carrots and steam 5 to 10 minutes more, until vegetables are tender-crisp. Transfer to serving dish; toss gently with remaining ingredients. Makes 6 servings, 65 calories each.
To microwave: In 2-quart microwaveproof casserole combine kohlrabi with 2 tablespoons water. Microwave on High covered 3 minutes. Add carrots; microwave on High covered 5 minutes. Let stand 2 minutes. Proceed with recipe.

ITALIAN CHICK PEA SOUP WITH SWISS CHARD

This filling main-course soup gets a nutritional boost from Swiss chard.

- 2 tablespoons olive oil
- 1½ teaspoons minced garlic
- 1 can (8¼ oz.) whole tomatoes, coarsely chopped (reserve juice)
- ½ teaspoon rosemary
- 2 cans (20 oz. each) chick peas (garbanzo beans), drained and rinsed
- 5 cups chicken broth
- ½ pound Swiss chard leaves, julienned
- ¼ teaspoon freshly ground pepper

In 5-quart Dutch oven heat oil. Add garlic and saute until golden. Add tomatoes with juice and rosemary; simmer 5 minutes. Add chick peas and chicken broth; simmer 15 minutes. Remove 3 cups chick peas and puree in food processor or blender. Return puree to soup; add Swiss chard and pepper. Simmer 30 minutes. Makes 6 servings, 315 calories each.
To microwave: In 4-quart microwaveproof casserole microwave oil on High 1 minute. Add garlic; microwave on High 2 minutes. Add tomatoes with juice and rosemary; microwave on Medium High 2 minutes. Add chick peas and chicken broth; microwave on Medium High 5 minutes. Remove 3 cups chick peas and puree in food processor or blender. Return puree to soup; add Swiss chard and pepper. Microwave on Medium High 15 minutes. **End**



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Chocolate Sheet Cake

(Makes one 15x10-inch cake)

- **1¼ cups margarine or butter**
- **½ cup unsweetened cocoa**
- **1 cup water**
- **2 cups unsifted flour**
- **1½ cups firmly packed brown sugar**
- **1 teaspoon baking soda**
- **1 teaspoon ground cinnamon**
- **½ teaspoon salt**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **2 eggs**
- **1 teaspoon vanilla extract**
- **1 cup confectioners' sugar**
- **1 cup chopped nuts**

Preheat oven to 350°. In small saucepan, melt **1 cup** *margarine; stir in* **¼ cup** *cocoa, then water. Bring to a boil; remove from heat. In large mixer bowl, combine flour, brown sugar, baking soda, cinnamon and salt. Add cocoa mixture; beat well. Stir in* **½ cup** *Eagle Brand, eggs and vanilla. Pour into greased 15x10-inch jellyroll pan. Bake 15 minutes or until cake springs back when lightly touched. In small saucepan, melt remaining* **¼ cup** *margarine; stir in remaining* **¼ cup** *cocoa and Eagle Brand. Stir in confectioners' sugar and nuts. Spread on warm cake.*



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MY FAVORITE DESSERT

continued from page 133

BERT GREENE

MOUNT KILIMANJARO

pictured on page 132

"I learned this recipe from a great French baker. I've never broken my sweet promise not to reveal his identity."

Cake

- 4 ounces semisweet chocolate
- 2 tablespoons strong brewed coffee
- ½ cup unsalted butter, softened
- ⅔ cup plus 1 tablespoon sugar
- 4 eggs, separated, at room temperature
- ⅓ cup ground blanched almonds
- Pinch salt
- ¾ cup sifted cake flour

Icing

- ¾ cup unsalted butter, softened
- 6 ounces sweet cooking chocolate, melted and cooled
- 1 can (14 oz.) sweetened condensed milk
- 1 egg, lightly beaten
- 1 tablespoon orange liqueur

- 3 cups heavy or whipping cream, divided
- 6 tablespoons sweetened cocoa powder
- 1 tablespoon vanilla extract
- Confectioners' sugar

Chocolate Praline

- 1 can (4½ oz.) whole blanched almonds, toasted
- 1 cup sugar
- 8 ounces semisweet chocolate
- 2 teaspoons shortening

Cake: Preheat oven to 350°F. Grease and flour a 9x2-inch round cake pan. In top of double boiler melt chocolate with coffee over simmering water. Cool.

In large mixer bowl cream butter and ⅔ cup sugar until light and fluffy. Add egg yolks one at a time, beating well after each addition. Fold in chocolate, then almonds, until well combined.

In mixer bowl beat egg whites with salt until foamy. Add 1 tablespoon sugar and beat until stiff peaks form. Fold half the egg whites into chocolate mixture. In 3 batches fold in remaining whites alternately with flour. Pour into pan. Bake 30 minutes or until toothpick inserted in center comes out clean. Cool in pan 1 hour. Invert on wire rack.

Icing: In mixer bowl cream butter until fluffy. Gradually add chocolate, condensed milk, egg and liqueur. Refrigerate until ready to use. (If icing becomes too firm, beat to soften.)

With serrated knife cut cake in half horizontally. Place bottom half on plate and spread with one third of icing. Replace top half; spread top and sides with remaining icing. Freeze 15 minutes.

In mixer bowl beat 1½ cups cream with cocoa until stiff peaks form. Spread over top of cake, mounding higher in center. Freeze 30 minutes. Beat remaining cream with vanilla and 4 tablespoons confectioners' sugar until stiff peaks form. Spread over chocolate cream to form a peak. Freeze.

Chocolate Praline: Arrange almonds in a single layer on lightly oiled cookie sheet. In heavy saucepan melt sugar over medium-low heat until syrup begins to form, about 15 minutes. (Do not stir.) Let syrup boil; stir constantly until sugar dissolves. Immediately pour over almonds. Cool. Break praline into small chunks. In food processor or blender pulverize praline. In top of double boiler melt chocolate and shorter ing over simmering water. Stir i praline powder. Cut eight 12-inc squares of wax paper. Divide mixtur among 4 squares and top with remair ing squares. With rolling pin quickl roll into 12-inch circles. Place on cooki sheets and refrigerate 1 hour.

Remove 1 praline circle from refrig erator and warm it between your hand until just barely pliable. Remove to layer of wax paper. Hold by bottor sheet and mold around one side of cake Carefully remove paper. Repeat wit remaining circles, overlapping unti entire cake is covered. Freeze at leas 30 minutes or overnight. Let stand 4



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minutes before serving. Sprinkle with confectioners' sugar. Makes 20 servings, about 590 calories each.

JEAN ANDERSON

CHOCOLATE GENOISE CAKE

pictured on page 133

"A juxtaposition of flavors and colors. This recipe makes two cakes."

Cakes

- 1⅓ cups sifted all-purpose flour
- 6 tablespoons sifted unsweetened cocoa powder
- ½ teaspoon salt
- 8 eggs, at room temperature
- 1 cup sugar
- 2 teaspoons vanilla extract
- ½ cup clarified butter,* cooled

Ganache

- ⅔ cup heavy or whipping cream
- 4 teaspoons sugar
- Pinch salt
- 4 teaspoons unsalted butter
- 10 ounces semisweet or bittersweet chocolate, cut up

Syrup

- ¾ cup water
- ¾ cup sugar
- Pinch salt
- ⅓ cup coffee liqueur

Buttercream

- ⅔ cup sugar
- 4 egg yolks, at room temperature
- ¼ teaspoon salt
- 1 cup milk, scalded
- ¼ cup instant espresso powder
- 1 teaspoon vanilla extract
- 2 cups unsalted butter, softened
- 1 cup chopped walnuts

Icing

- 7 ounces semisweet or bittersweet chocolate, melted
- 6 tablespoons unsalted butter, cut up
- 1 cup sifted confectioners' sugar
- Pinch salt
- 2 tablespoons cold water

Chopped walnuts, for garnish
Chocolate curls, for garnish (optional)

Cakes: Adjust oven rack to middle position. Preheat oven to 350°F. Butter two 8-inch round cake pans. Line bottoms with wax paper. Butter and flour.

Sift flour, cocoa and salt into bowl. In mixer bowl set over saucepan of hot, not boiling, water, combine eggs and sugar. Whisk until warm and sugar is dissolved. Remove from heat; beat at high speed 5 to 10 minutes. (Mixture will triple in volume.) Beat in vanilla.

Sift in dry ingredients in 2 batches, folding in gently. Drizzle in butter and fold until just incorporated. *Do not overmix.* Pour into prepared pans. Bake 25 to 30 minutes, until toothpick inserted in center comes out clean. Cool in pans 5 minutes. Remove from pans and cool completely on wire racks. Peel off paper. *(Can be made ahead. Wrap tightly in plastic wrap and store at room temperature up to 2 days.)*

Ganache: In saucepan combine cream, sugar and salt. Bring to a boil, stirring to dissolve sugar. Whisk in butter. Remove from heat and add chocolate in 3 batches, whisking until smooth. Cover and refrigerate. *(Can be made ahead. Refrigerate up to 1 week.)*

Syrup: In saucepan combine water, sugar and salt. Bring to a boil and simmer 1 minute. Cool. Stir in liqueur.

Buttercream: In bowl whisk sugar and egg yolks. Add salt and whisk in milk in a slow, steady stream. In saucepan cook over medium-high heat, stirring constantly until custard coats spoon, about 5 minutes. Remove from heat and whisk in espresso and vanilla. Cool. In mixer bowl cream butter until light and fluffy. Beat in custard. (Buttercream should have the consistency of mayonnaise.) Stir in walnuts. Cover let stand in cool place up to 4 hours.

Icing: Combine chocolate and butter. Beat in sugar and salt. Stir in water one half at a time. Cool. *(continued)*

**To clarify butter:* Melt ¾ cup butter over low heat. Skim foam off top. Pour clear liquid into cup.





MY FAVORITE DESSERT
continued

To assemble: Let ganache mixtu stand at room temperature 20 minut In mixer bowl beat until fluffy. Wi long, thin knife slice each cake horizo tally into 3 even layers. Arrange 2 b tom layers on separate plates. Bru cut sides of bottom layers with syr and spread with ganache. Top wi middle layers. Brush with syrup a spread with ½-inch layer of bu tercream. Brush cut sides of top laye with syrup and replace cut side down

Spread thin layer of buttercrea over tops and sides of cakes. Refrige ate 30 minutes. Spread icing over to and sides. Gently press walnuts arou sides. Garnish with chocolate cur Makes 2 cakes, 16 servings per cak about 390 calories each without garnis

CRAIG CLAIBORNE

OEUFS A LA NEIGE

pictured on page 133

"White meringues on yellow custar topped by a web of caramel."

- 3 cups milk
- 1 cup heavy or whipping cream
- Sugar
- 1 teaspoon vanilla extract
- 6 eggs, separated, at room temperature
- ¼ teaspoon salt

In medium skillet combine milk, crea and 6 tablespoons sugar. Bring to simmer and stir until sugar dissolve Remove from heat and add vanilla.

In large mixer bowl beat egg white and salt until soft peaks form. Add tablespoons sugar and beat until sti peaks form.

Return milk mixture to a simme With 2 large spoons, mold beate whites into ovals and place a few at time in simmering milk. Cook 30 to 4 seconds; turn carefully and cook 30 t 40 seconds more. Transfer with slotte spoon to paper towels. Repeat with re maining whites. Strain milk.

In medium saucepan whisk egg yolk until light and lemon-colored. Slowl beat in hot strained milk. Cook ove medium heat, stirring constantly, unti custard coats spoon. Immediately re move from heat and strain into larg shallow serving dish. Cover and cool.

In heavy saucepan combine ½ cu sugar with ¼ cup water. Cook mixture over medium heat until amber-colored (Be careful not to burn.) Cool 3 minute or until caramel is the consistency o honey and falls from spoon in thread.

Place meringues on custard. Drizzle caramel in thin threads over me ringues. Keep in cool place until ready to serve but do not refrigerate. Makes 10 servings, 270 calories each.

ANE AND MICHAEL STERN

SARAH'S BANANA PUDDING

pictured on page 133

ll the lullabye numminess of bananas is extra streaks of brown sugar to eeten the silken yellow custard."

3 tablespoons cornstarch
3 tablespoons sugar
Pinch salt
½ cups milk
1 can (13 oz.) evaporated milk
4 egg yolks
1 teaspoon vanilla extract
6 vanilla wafers
2 large bananas, sliced
½ cup firmly packed dark brown sugar
Whipped cream, for garnish

medium saucepan combine cornarch, sugar and salt. Stir in milk and aporated milk. Cook over medium at, stirring frequently, until pudding ats spoon, about 10 minutes.
In bowl beat egg yolks; stir in ½ cup t pudding. Stir into remaining pudng and cook, stirring, until thickened, out 3 minutes. Stir in vanilla. Cover rface with plastic wrap; cool.
In 1½-quart baking dish arrange valla wafers and bananas on bottom d sides. Pour in pudding. In bowl end brown sugar with 2 teaspoons t water to form a thick paste. Swirl to pudding, creating streaks. Refrigate. Garnish with whipped cream. akes 6 to 8 servings, about 400 calo-es each per 6, 300 calories each per 8.

m REAL AMERICAN FOOD: THE ROAD FOOD GOOD FOOD OKBOOK, by Jane and Michael Stern, to be published by red A. Knopf, Inc.

PIERRE FRANEY

ROSE'S STRAWBERRY CHEESECAKE

pictured on page 133

The texture and combination of flavors ake this a favorite at our table."

4 cup graham cracker crumbs
2 packages (8 oz. each) cream cheese, softened
4 eggs, separated, at room temperature
1 teaspoon vanilla extract
1 cup sugar, divided
2 tablespoons flour
Pinch salt
1 cup heavy or whipping cream
1 pint strawberries, halved

laze

1 cup quartered strawberries
¼ cup sugar
1 tablespoon water
2 teaspoons cornstarch dissolved in 1 tablespoon water

reheat oven to 325°F. Butter 10-inch pringform pan. Sprinkle with graham racker crumbs, reserving 1 teaspoon.
In mixer bowl beat cream cheese until smooth. Add egg yolks one at a time, beating well after each addition. Add vanilla; beat in ¾ cup sugar, flour and salt. Beat until smooth. Pour in cream and beat at low speed 1 minute.

In mixer bowl beat egg whites until soft peaks form. Gradually beat in remaining ¼ cup sugar and beat until stiff peaks form. Fold into cheese mixture.

Place prepared pan on cookie sheet and pour in batter. Sprinkle with reserved crumbs. Bake 1 hour. Turn off oven and let stand with door ajar 15 minutes. Close door and let stand 45 minutes more. Transfer to wire rack. Release spring lock but do not remove sides of pan. Cool at least 4 hours. Arrange halved strawberries on cake.

Glaze: In small saucepan bring strawberries, sugar and water to a simmer over low heat. Cover and cook 5 minutes. Stir in cornstarch and cook 1 minute. Strain and cool 30 minutes. Spread on cake. Remove sides of pan. Makes 12 servings, about 345 calories each.

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JACQUES PÉPIN

CREME CARAMEL AU RHUM

"Crème caramel, one of my mother's favorites, has happy childhood memories."

Sauce

1 cup sugar
2 tablespoons rum

Custard

2 cups milk
5 tablespoons sugar
4 eggs
1 egg yolk
1 cup heavy or whipping cream
2 tablespoons rum
1 teaspoon almond extract

Sauce: In small, heavy saucepan combine sugar and ⅓ cup water. Cook over high heat until sugar caramelizes, about 6 to 8 minutes. Do not stir. Remove from heat and pour one third of mixture into 1-quart porcelain soufflé dish. Rotate dish to cover bottom with layer of caramel. Slowly pour ¾ cup water into remaining caramel. Bring to a boil and boil 30 seconds. (There should be no sugar sticking to bottom of pan.) Refrigerate. When cold, add rum.

Custard: Preheat oven to 325°F. In small saucepan combine milk and sugar. Bring to a boil. In medium bowl combine remaining ingredients; whisk until well blended. Pour in hot milk; blend well. *Do not overmix, or foam will form on surface.* Strain slowly into prepared dish to avoid bubbles. Place mold in small baking pan. *(continued)*



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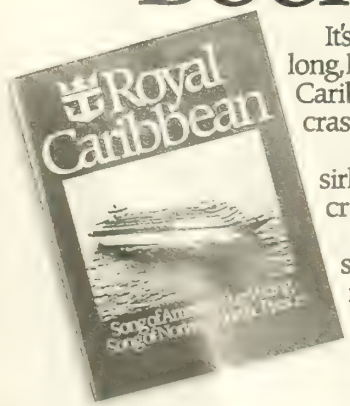
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MY FAVORITE DESSERT
continued

Pour lukewarm water into pan to reach ⅔ up sides of mold. Bake 1 hour or until knife inserted in center comes out clean. (If water boils during baking, add a little cold water.) Cool at least 3 hours. (Custard will appear quite soft.)

Just before serving, run a sharp knife around edge of mold. Invert serving plate over mold and invert custard onto plate. Serve with rum sauce. Makes 8 servings, 330 calories each.

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MAIDA HEATTER

WILLIAMS-SONOMA CHOCOLATE CAKE

"I served this dessert to over a thousand people at the American Wine and Food Festival in Los Angeles, which was organized by Wolfgang Puck."

- 4 ounces semisweet chocolate
- ½ cup unsalted butter
- ½ cup good quality port wine
- 1 cup sugar, divided
- 3 eggs, separated, at room temperature
- ¾ cup sifted all-purpose flour
- ⅛ teaspoon salt

Preheat oven to 325°F. Butter a 10-inch springform pan; line bottom with wax paper. Butter and flour. In heavy saucepan melt chocolate, butter and wine over low heat. Reserve 2 tablespoons sugar. In mixer bowl beat remaining sugar with egg yolks at high speed 5 minutes or until pale. Add chocolate mixture and beat at low speed until smooth. Beat in flour. In large mixer bowl beat egg whites with salt until soft peaks form. Gradually add reserved 2 tablespoons sugar and beat until whites almost hold stiff peaks. Fold one third of chocolate mixture into whites. Gently fold in remaining chocolate just until blended. Pour into prepared pan. Bake 30 minutes. Cool in pan on wire rack 5 minutes. Run a thin spatula around edge to loosen cake; remove sides of pan. Invert onto rack lined with wax paper; remove bottom and paper. (Cake will be only 1 inch high.) Serve hot or at room temperature. Makes 10 servings, about 285 calories each.

From MAIDA HEATTER'S BOOK OF GREAT AMERICAN DESSERTS, by Maida Heatter. Copyright © 1983, 1984, 1985 by Maida Heatter. Reprinted with permission of Alfred A. Knopf, Inc.

JULIA CHILD

TARTE TATIN

"In my immodest opinion this is the best tarte Tatin I've ever eaten."

Pastry

- 1¼ cups all-purpose flour *(continued)*



PEACH HARVEST BEEF

½ cup sliced (or slivered) BLUE DIAMOND® Almonds
2 tablespoons oil
¾ pound sirloin or flank steak, cut in strips
1 cup sliced green pepper
½ cup chopped onion
1 can (8¾ oz.) sliced peaches, undrained
1¼ cups water
2 tablespoons soy sauce
½ teaspoon salt
⅛ teaspoon pepper
1½ cups dry MINUTE® Rice

SAUTE almonds in oil until lightly browned. Add beef, peppers, and onion. Saute until beef is browned.

ADD peaches, water, soy sauce and seasonings. Bring to a full boil.

STIR IN rice. Cover and remove from heat. Let stand 5 minutes. Fluff with fork.

Makes 4 servings.



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SHRIMP AMANDINE

½ cup sliced (or slivered) BLUE DIAMOND® Almonds
2 tablespoons butter or margarine
¾ pound cleaned medium shrimp
1 can (13¾ oz.) chicken broth
1 10-oz. package frozen green peas and pearl onions
½ teaspoon dillweed
½ teaspoon salt
¼ teaspoon pepper
1½ cups dry MINUTE® Rice
½ cup pimientos

SAUTE almonds in butter until lightly browned. Add shrimp and saute about 5 minutes until shrimp are pink.

ADD broth, vegetables and seasonings. Bring to a full boil.

STIR IN rice and pimientos. Cover and remove from heat. Let stand for 5 minutes. Fluff with fork.

Makes 4 servings.

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MY FAVORITE DESSERT
continued

¼ teaspoon sugar
⅛ teaspoon salt
6 tablespoons cold butter, cut up
2 tablespoons cold shortening
3 tablespoons ice water

3 pounds firm cooking apples (Golden Delicious, Rome Beauty or York)
5 tablespoons sugar, divided
2 tablespoons lemon juice
2 teaspoons grated lemon peel
4 tablespoons butter

stry: In large bowl combine flour, sugar and salt. With stry cutter or 2 knives, cut in butter and shortening until xture resembles coarse crumbs. Sprinkle with ice water; mbine lightly until pastry just holds together. Wrap in astic wrap; refrigerate at least 30 minutes or overnight. ı lightly floured surface, roll into 11-inch circle. Place on okie sheet lined with wax paper; refrigerate.

Peel and core apples; cut into eighths. In bowl combine 5 blespoons sugar, lemon juice and peel. Add apples and ss. Let stand 30 minutes.

In 9-inch or 10-inch cast-iron skillet melt butter and remaining 10 tablespoons sugar over medium-high heat, stirring nstantly, until mixture is a light caramel color. Remove om heat.

Drain apples well. Arrange layer of apples decoratively in ttom of skillet. Arrange remaining apples on top, mounding in center. Cover and cook over medium-high heat, pressing apples down and basting frequently, 10 minutes or until ices are thick and syrupy. Cool uncovered 10 minutes.

Preheat oven to 425°F. Arrange pastry over apples, tucking it between apples and skillet. Cut 4 vents near center. ake 30 minutes or until golden brown. Cool 5 minutes. ıvert serving plate over skillet and invert tart onto plate. ool 15 minutes. Makes 10 servings, 320 calories each. **End**

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EAT TO SUCCEED

continued from page 57

Dinner 4 oz. broiled shrimp • Steamed vegetables and brown rice • Unlimited salad with oil-free dressing • 1 piece fruit • Beverage

DAY 5

Breakfast ½ cup whole grain cereal with ½ cup sliced strawberries and ½ cup skim milk • Beverage

Lunch Zucchini stuffed with sliced chicken and onions • Whole wheat bagel or 2 slices whole wheat bread • Beverage

Dinner *Baked Cannellini Beans • Unlimited steamed vegetables • Unlimited salad with oil-free dressing • 1 piece fruit • Beverage

DAY 6

Breakfast 2 egg whites scrambled with 1 Tbs. skim milk, 1 Tb. Parmesan cheese and ¼ cup sliced mushrooms • 1 slice whole wheat toast or ½ whole wheat bagel • Beverage

Lunch Baked potato topped with Parmesan cheese • Unlimited salad with oil-free dressing • 1 piece fruit • Bevera

Dinner *Chicken and Pasta Salad wi Grapes • Unlimited salad with oil-fr dressing • 1 slice whole wheat bre • Beverage

DAY 7

Breakfast Toasted whole wheat Engli muffin • ½ cup unsweetened applesau • Beverage

Lunch *Red Potato Salad • Unlimit salad with oil-free dressing • Beverag

Dinner *Chili • Unlimited salad with o free dressing • 1 piece fruit • Bevera

BAKED CANNELLINI BEANS

- 2 cans (19 oz. each) cannellini beans, drained and rinsed
- 1 can (28 oz.) tomatoes, chopped
- ¾ cup fresh whole wheat bread crumbs
- ½ cup chopped onion
- 3 tablespoons grated Romano cheese
- 1 teaspoon soy sauce
- 1 teaspoon minced garlic
- ½ teaspoon basil
- ¼ teaspoon oregano
- ⅛ teaspoon thyme
- Pinch pepper
- 3 tablespoons grated Parmesan cheese

Preheat oven to 350°F. Coat a 2-quart casserole dish with vegetable cooking spray. In bowl combine all ingredients except Parmesan. Turn into prepared dish. Cover and bake 30 minutes. Sprinkle with Parmesan; cook uncovered 30 minutes more, until cheese is melted. Makes 6 to 8 servings, 230 calories each per 6, 175 calories each per 8.

CHICKEN AND BROCCOLI STIR-FRY

- 1 tablespoon grated fresh ginger
- 2 garlic cloves, minced
- ½ cup water
- 2 tablespoons soy sauce
- 3 cups cooked brown rice
- 1 cup cubed cooked chicken
- 1 package (10 oz.) broccoli, cooked according to package directions
- Pinch freshly ground pepper
- Chopped green onions, for garnish

Coat a nonstick skillet with vegetable cooking spray; heat until hot. Add ginger and garlic; saute 2 minutes. Add water, soy sauce and rice; cook until hot, stirring. Add chicken, broccoli and pepper; heat through. Garnish with green onions. Makes 4 servings, about 270 calories each.

CHILI

- 1 pound ground veal
- 2 large onions, chopped fine
- 2 teaspoons minced garlic
- 2 cans (10½ or 15½ oz. each) red kidney beans, drained and rinsed
- 2 cans (15 oz. each) tomato sauce
- 1 can (16 oz.) tomatoes, drained and chopped
- ¼ cup chili powder
- ¾ teaspoon hot pepper sauce
- Pinch cumin

In large skillet brown veal over medium-high heat; pour off juices. Add onions and garlic; cook 10 minutes. Add remaining ingredients. Reduce heat and simmer 30 to 35 minutes. Makes 8 servings, about 255 calories each.

RED POTATO SALAD

- 8 small red potatoes, quartered
- ¾ cup low-fat plain yogurt
- ½ cup low-fat cottage cheese
- ¼ cup red wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- ⅛ teaspoon freshly ground pepper
- ½ cup chopped celery
- ½ cup minced green onion
- ¼ cup chopped onion

Place potatoes in medium saucepa with water to cover. Bring to a boil an cook 20 to 25 minutes, until tende Drain. In food processor or blende combine yogurt, cottage cheese, vi egar, mustard, lemon juice, soy sauc and pepper; blend until smooth. I salad bowl toss celery, green onion an onion with warm potatoes. Pour i dressing and toss. Refrigerate unt cold. Makes 4 to 6 servings, 195 calorie each per 4, 130 calories each per 6.

CHICKEN AND PASTA SALAD WITH GRAPES

- 2 cups macaroni shells, cooked according to package directions
- 2 cups cooked chicken, cut into strips
- 1½ cups seedless green grapes
- ½ cup chopped celery
- 1 cup buttermilk
- 1 teaspoon minced fresh dill
- ½ teaspoon soy sauce
- ¼ teaspoon grated onion
- ¼ teaspoon minced garlic
- ¼ teaspoon grated lemon peel
- ¼ teaspoon freshly ground pepper

In large bowl combine shells, chicken, grapes and celery. In small bowl combine remaining ingredients. Pour dressing over salad; toss. Refrigerate 1 hour. Makes 4 servings, 400 calories each. **End**

EATING RIGHT WHEN YOU'RE FEELING WRONG

My maximum performance plan should keep you fit, but when you're not feeling well, the right nutrition can get you back on your feet fast. Here are some tips for fighting a winter cold.

Your doctor was right—almost. You should take aspirin, drink plenty of fluids and get lots of rest. But to *really* fight a cold, you should choose specific foods and beverages to stimulate your immune system and reduce those uncomfortable symptoms.

• Chicken soup? While there's nothing magic in the nutritional composition of chicken soup, it *does* help your body rid itself of the cold virus. The vapor you breathe in as you drink it helps wash the virus out of the nasal passages and throat, an environment favored by cold viruses. So choose chicken soup or any light soup (preferably defatted) when you have a cold.

• Vitamin C *can* decrease the severity of symptoms associated with the common cold. But studies have not shown that megadoses of vitamin C (greater than 500 milligrams a day) will prevent colds. Too much vitamin C can cause diarrhea and dehydration—so use it moderately.

• You may want to try EPA or DHA capsules as nutritional supplements. They contain marine oils found in salmon and mackerel. Recent studies suggest that these oils may help health conditions involving inflammation. Several of my clients reported excellent results when taking them.

• While you are sick, avoid foods with high fat content. Such food can tax your immune system, which is already overworked fighting infection.

• Avoid heavily sweetened foods—they can lower blood sugar, making you feel dizzy and headachy.

• Stick with a diet high in complex carbohydrates to give your body the energy it needs to combat colds.



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Next time you serve a big, juicy cheeseburger, watch what everybody takes a bite of first. Nine times out of ten, it's the fries. So if you want that light, crispy taste, make sure they're Idaho® potatoes. And you'll start out right from the very first bite.

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GROWN IN IDAHO

Genuine Idaho



sure that the X-ray facility you use follows the FDA guidelines. How can you tell? Ask.

Detecting premature labor A new home monitoring device designed to sense early signs of labor in high-risk pregnancies is helping to prevent premature births. The device, called Term Guard, consists of a lightweight sensor that is worn over the abdomen like an automobile seat belt. The monitor detects and measures excessive uterine activity and can warn of premature labor even before the woman herself feels something unusual. It is recommended for use during the last trimester of pregnancy by mothers with a history of premature delivery or those expecting multiple births.

Women wear the monitor twice a day—for two hours in the morning and two hours in the evening. The uterine signals it picks up are transmitted via an attached recorder by telephone to a special receiver in the doctor's office. The physician can then decide precisely what to do to forestall labor if contractions do occur. So far, the device has proved highly successful; in one test not a single case of premature labor was missed.

Antiseptic update Forget the iodine when your child comes home with a badly scraped knee or deep cut. Studies at the University of Florida, in Gainesville, have proven that this traditional antiseptic can actually do more harm than good—either by opening wounds instead of closing them or by slowing the healing process. Another favorite, hydrogen peroxide, was found to have minimal antibacterial effect. Best bet: Clean a wound with mild soap and water and apply clean, warm, wet compresses several times a day if there are signs of infection (such as yellowish pus oozing from a wound). See a doctor if wounds don't heal or if you note more serious signs of infection—burning or a reddening of the area, for instance. **End**

MEDICAL SECRETS

continued from page 114

against arthritis. Why? No one knows for sure, but the most convincing theory holds that a fatty acid (eicosapentaenoic acid) in saltwater fish retards formation of blood platelets, which can clump together and block blood vessels leading to the heart. The same fatty acid also seems to prevent arthritis by inhibiting the body's production of a substance that triggers joint inflammation.

Your children's health

Protecting girls from radiation . . . monitoring high-risk pregnancies . . . the best treatment for cuts and scrapes.

Scoliosis Perhaps we have been a little too diligent about screening youngsters for scoliosis, a lateral curvature of the spine that occurs primarily in girls. Half of all states now have school screening programs to ferret out cases of scoliosis in girls aged nine to fourteen. The programs can be useful because scoliosis is more successfully treated if detected before youngsters reach full growth. The trouble is that screening has led to a sharp increase in the number of girls whose spines are X-rayed to determine whether they actually have scoliosis or to see if mild spinal curvatures are worsening—a potentially dangerous increase because of the established relationship between cancer and exposure to radiation at an early age. The U.S. Food and Drug Administration warns that girls might be exposed to X-rays too frequently (some as often as ten times per year) and that X-ray techniques aren't always up to standard. Only 7 percent of those surveyed by the FDA used breast shields, and only 58.6 percent used genital shields. What can you do to protect your daughter? Make



story residence nestled in a grove of pine trees and California cypresses, is smaller than one would expect a star of Elizabeth's magnitude to own. Flowering shrubs surround a wide, attractively planted stone terrace.

Inside, the house has a charming, intimate atmosphere; it looks comfortable. To the left of the entrance is the kitchen—long, rectangular, warm and cozy—which one of Elizabeth's household staff calls "the nerve center of the house. We all congregate here and laugh a lot."

The impressive sitting room is decorated in off-white and combines traditional decor with a touch of California informality. The furniture is the best eighteenth-century English; a heavy Aubusson carpet covers the mellow parquet floor. Hanging in the room is enough fine art to make a small museum envious—a Renoir, a Van Gogh, a Degas, a Monet, a Modigliani and several Utrillos.

Everywhere there are exotic flowers, photographs in silver frames, comfortable cushions, needlework-covered stools. It could be the drawing room of an upper-crust British family but for the spectacular view through the bank of French doors that takes up an entire wall. At sunset, the enormous swimming pool outside the window appears dark violet, the color of Elizabeth's celebrated eyes. The pool is ringed by white hydrangeas, which look like clouds reflected in the water.

Even the bathrooms have been decorated with loving care. Dozens of orchids and lilies are delivered every few days; their heavenly, heady scent fills the powder rooms. And the bathrooms have their own precious artwork: an Augustus John hangs over one washbasin.

Elizabeth's private rooms—her large bedroom, bath, dressing rooms and sitting room—occupy the entire second floor of the house. There are guest rooms on the main floor and the third floor. A small library and TV/projection room complete the house.

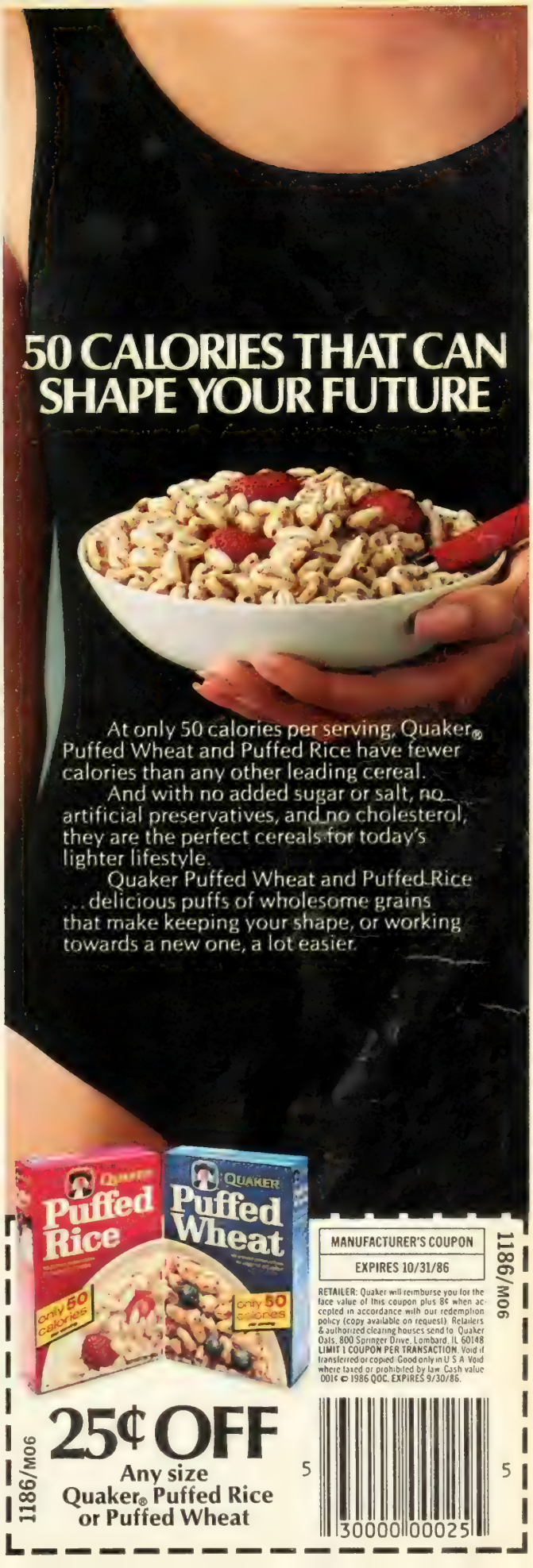
The household is exceptionally well maintained and organized—cleaning women arrive in relays throughout the week. The star's secretary/housekeeper, Elizabeth Thorburn, runs the house, answers the telephone, does the grocery shopping and sorts the mail, which is later passed on to Taylor's staff for replies. Although Elizabeth is reputed to be a tough, demanding boss, her staff insists that it's just not true. "She's one of the nicest women in the world," one longtime employee says.

The star hasn't always managed so efficiently. But that was before Thorburn, an attractive young Scotswoman who formerly worked for Princess Margaret, put some order into Taylor's life. "I've gone from a princess to a queen," Thorburn once said.

Scripts and current mail are labeled and stacked neatly on Elizabeth's desk in a room off her bedroom, instead of scattered all over the house. The menagerie of animals, including a Burmese cat and a Pekingese dog, have been properly house-trained. Meals are balanced—Thorburn is also a Cordon Bleu chef—and a far cry from the high-carbohydrate fare Elizabeth used to favor. Every day, tea is served English-style at 4 P.M.

But not *everything* is regimented. Except for teatime, the proper Miss Thorburn has not been able to keep the Taylor household on a meal schedule. Elizabeth is too much of a spur-of-the-moment person—deciding not to eat, or to have ten guests, or to dine out, or to fly to New York, Florida or England on a few hours' notice.

When she's not filming, Taylor's day starts at nine, earlier than one would expect for such a wealthy and cosseted woman. She breakfasts in bed on coffee, toast and juice, and before dressing generally smokes at least one *(continued)*



cigarette (a habit she picked up at the Betty Ford Center, in Rancho Mirage, California, when she gave up prescription drugs and alcohol). "Smoking is the only obsession I have left," she claims. "I'll stop the way I've done everything else: one day at a time."

Unlike many women of Hollywood and Beverly Hills, Elizabeth is not a fanatic about exercise. She rarely uses her own swimming pool and does not walk anywhere if she can drive. And although she loves horses and owns two that race under her colors, a bad back keeps her out of the saddle. Instead, she tries to practice the exercises she learned at The Spa at Palm-Aire, in Florida, where she lost forty-five pounds two years ago.

Dressing for the public or the press is a time-consuming matter. Stores and designers send clothes to her, and her current favorite designers are the Emanuels, the British husband-and-wife team who designed Princess Diana's wedding gown. Elizabeth, savvy about beauty and fashion, dresses to accentuate her best features: her ample cleavage and her magnificent violet eyes. Although she now needs glasses for reading, she is totally unself-conscious about being photographed in them. At fifty-four, Elizabeth is still indisputably one of the world's most beautiful and desirable women.

The star, who once confessed that her hobbies were "clothes and jewels," also loves to read. She prefers magazines to books, and she reads almost everything that is published about her. But Elizabeth hardly has time to sit around the pool drinking iced tea (a favorite beverage) and reading magazines. A day seldom passes that does not include visits and phone calls from many of her friends, family and business associates.

"Being alone doesn't frighten me," Elizabeth says, referring to the fact that this has been the longest period of her adult life that she has been without a husband. "And it's not like I'm alone, because I'm not." Invariably some children of family members are at her house, splashing in the swimming pool, playing with the animals, clamoring for Elizabeth's attention. The star's immediate and extended family includes her two grown sons, Michael (an actor) and Christopher (an artist), from her marriage to Michael Wilding. She also has a daughter, Liza (a sculptor), from her marriage to Mike Todd, and another daughter, Maria, whom she and Richard Burton adopted when they were living in Switzerland. Elizabeth's children, their mates (Christopher's wife, Aileen, the daughter of Paul Getty, Jr.; Michael's wife, Brooke Palance, daughter of actor Jack Palance), her brother, Howard, and his wife, and her five grandchildren are the nucleus of her family. Best friends include new pal songwriter-author Carole Bayer Sager (Burt Bacharach's wife), old pal Norma Heyman (a film producer living in Britain who has been a second mother to Elizabeth's children over the years) and actor Roddy McDowall, who has known Elizabeth since the two of them were child stars. Then there are Chen Sam, her personal publicist, who tenaciously guards her client's privacy, and Robert Lantz, her agent, whose office has represented her for years.

As distant and unreachable as Elizabeth seems to the public, she is easily accessible and generous to her friends and colleagues. The star is always ready to help her friends, as she did last August when she threw Carole Bayer Sager a party at Tiffany's in Beverly Hills to launch her first novel.

Those who know Elizabeth best say that she loves to gossip, giggles easily

Elizabeth was seen gazing into her refrigerator and saying, "I would love to bite you and you and you!"

and finds it difficult to stay for long in one place. Wherever she goes, she seems to be the last to arrive and the first to leave. Her lateness is chronic, and she seldom apologizes for it.

In fact, Elizabeth's lateness may very well be deliberate; after all, the last one to arrive can make a dramatic entrance to an already assembled audience. And nobody plays to the public, nobody acts out her life as if it were a drama, better than Elizabeth. The star once said, "You know, I can't remember when I wasn't famous." And she wasn't bragging, she was simply stating a fact. Elizabeth's fame came early, in 1944, when she was twelve years old, with the film *National Velvet*.

Since then, her life has been a series of Elizabethan dramas. The public will hear little about her for several months, and then suddenly a wild and wicked tidbit will appear in a gossip magazine—and be picked up by every newspaper and television station in the country. Whether she's been accused of stealing another woman's husband, or has announced her engagement (or divorce) for the umpteenth time, the news about her is always fascinating. And whatever the talk of her lovelife, it is often accompanied by reports that she is suffering from a mysterious and debilitating ailment.

Elizabeth learned early that the public was more sympathetic to her flamboyant style and the *Sturm und Drang* of her private life when they knew she had been struck by illness as well. The juxtaposition of personal anguish and physical crisis has become a life pattern. (This is not to say that Elizabeth is a hypochondriac; her medical problems have been serious, and in some cases life threatening.)

Elizabeth's medical problems began when her marriage to Nicky Hilton collapsed. Since then, news of her divorces (from Hilton, Michael Wilding, Eddie Fisher, Richard Burton—twice—and John Warner) has been accompanied by hospital bulletins and photographs of Elizabeth in a wheelchair or on a stretcher. Her affairs with married men (Eddie Fisher and Richard Burton) became more pardonable when the public was first inundated by photographs of a young and beautiful grieving widow (after the death of Mike Todd) or bombarded with reports on her brave battle to fight death from pneumonia (after her unpopular marriage to Eddie Fisher and preceding her affair with Richard Burton).

No other star has exposed her grief and illnesses to the public as Elizabeth has, but then, she has always craved public approval for her actions, no matter how outrageous. Going public—with her love, her passion, her pain—has always been her best defense.

Elizabeth's treatment at the Betty Ford Center and Richard Burton's death were the last, and so far the most turbulent, of the dramas.

Even though Burton was married to another woman when he died, Elizabeth was clearly the great love of his life, and the feeling was mutual. Burton called the passion between him and Elizabeth "an historic affair." Elizabeth replied, "Richard is the center of my life. He is the only thing I need to be a happy woman." After his death, Elizabeth fell to pieces. She not only had to confront living without him but she was also forced to think about how she had changed the course of Burton's life, perhaps not for the better.

Before meeting Elizabeth, Burton had been pegged by his peers to be Sir Laurence Olivier's successor as one of the world's great classical actors. But with his marriage to Taylor, he began to accept roles that were more profitable than prestigious. *(continued)*

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Taste a Sunny Place called Dole

A little Dole® pineapple makes it amazingly simple to bring a bright new flavor to anything you make—as you'll see by trying these tasty spareribs.

Tropic Sun Spareribs

- 3½-4 pounds spareribs or country-style ribs
- 3 large cloves garlic, pressed
- 1 large onion, sliced
- 1 can (20 oz.) Dole Crushed Pineapple, undrained
- 1 bottle (12 oz.) chili sauce
- ½ cup brown sugar, packed
- 1 teaspoon ground ginger
- ½ teaspoon dry mustard

DIRECTIONS

Rub ribs with garlic. Sprinkle with salt and pepper. Arrange onion in large baking pan. Place ribs on top. Add ¼ cup water to pan. Cover with foil. Bake in 350° F oven ½ hour. Combine remaining ingredients. Spoon over ribs. Bake, uncovered, one hour longer. Serves 4.

For more recipes, send a stamped self-addressed envelope to: DOLE'S QUICK 'N EASY RECIPES, Dept. M 86, P.O. Box 7758, San Francisco, CA 94120.

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Add a little Dole.
And taste where it takes you.

gether, the Burtons could make more n $1 million per film. Alone, in the ds of projects he preferred—stage ductions of Shakespeare or a serious vie like *Becket*—Richard's fee was siderably less.

A wiser Elizabeth might have enraged her husband to hone his art l seek the roles he was best suited . . . and happiest playing. Close associates felt that he should at least have en equal time to stage and screen rk: Like Olivier, he could have ded his theatrical career with a few nmercial films. But Burton so rned to please Elizabeth that he corred with her for huge sums in order give her everything she wanted. The tly multi-carat jewels he bought zabeth were fit for a queen. And the ce these gems extracted was high.

Burton was a heavy drinker, and zabeth began to match him drink for nk. The famous public fights began. e couple divorced, remarried and dirced again. Elizabeth clung to their e even during the worst times.

While Burton's lifestyle, and especially his drinking, were probably reonsible for his death in 1984, Elizeth had already taken steps to enre that the same would not happen to r. In 1983 she entered the Betty Ford nter and publicly declared that she s addicted to drugs and alcohol.

"For thirty-five years I couldn't go to ep without at least two sleeping ls," she said. "And I'd always taken a of medication for pain. I'd had nineen major operations, and drugs had come a crutch. I wouldn't take them ly when I was in pain. I was taking a of Percodan. I'd take Percodan and a uple of drinks before I went out. I st felt I had to get stoned to get over y shyness. I needed oblivion, escape. "Not being a drunk is the only way n going to stay alive," she continued. *Drunk* is a hard word, but I've had to hard with myself to face it. Somedy who drinks too much is a drunk. mebody who takes too many pills is a nkie. There's no polite way to say it."

By now, everyone knows how the star cked her destructive habits, slimmed wn and got her life back together. ot long after, she even broke two engements—to Mexican lawyer Victor nzalez Luna and Brooklyn-born enepreneur Dennis Stein—so as not to come embroiled in more bad marages. Quiet and dignified, Luna was a able force in Elizabeth's life, even pporting her through her stay at the tty Ford Center. But eventually, he d Liz realized, amicably, that they ere simply not suited for marriage. They had the courage to break off the engagement before marrying. Elizabeth and Stein, on the other hand, had little in common and luckily realized their differences before making a mistake. "I think finally I'm growing up, and about time," Elizabeth says. "I will marry once more, but *only* once more."

She seems in no hurry to make that prediction come true. The latest men in her life are record producer Richard Perry and millionaire sportsman Ed Seltzer. "I am dating several men, but I'm in no rush to get married. I'm being very cautious. I'm taking no chances," the star claims. The men involved simply offer a diplomatic "no comment."

As her private life has become grown-up—no recent scenes, tantrums or hasty marriages—her public life has become more mature, too.

Elizabeth seems to have grown wiser and more socially aware. This year she has devoted a great deal of time and effort to causes, especially the fight against AIDS (the disease that killed her close friend Rock Hudson last October). In September she co-hosted, with Burt Reynolds, a glittery, star-studded fund-raising dinner to help find a cure and vaccine for the deadly disease. Earlier she had agreed to head AmFAR, the American Foundation for AIDS Research, to solicit private donations and funnel money to researchers seeking a cure for the fatal virus. The new foundation was described by its proponents as an AIDS equivalent of the American Cancer Society. Elizabeth's chairmanship is not merely honorary; she is joined in the foundation by Drs. Michael Gottlieb of UCLA Medical Center, and Mathilde Krim of St. Luke's–Roosevelt Hospital Center in New York, both leading AIDS researchers. A week and a half before his death, Rock Hudson pledged to the foundation a quarter of a million dollars as well as proceeds from a forthcoming authorized biography. For her various philanthropic efforts, the Starlight Foundation in Los Angeles honored Elizabeth as a Humanitarian of the Year. She has considered other projects, too, including setting up drug-rehabilitation centers around the world modeled after Betty Ford's.

> *"I'm loud, noisy, earthy and ready for much more living. You're looking at a zesty, no-nonsense lady."*

Elizabeth's physical appearance mirrors her new purpose and contentment. So far, she seems to be winning her battle to keep her weight down (although it will probably be a constant battle. Not long after she lost the forty-five pounds, her hairdresser, Zak Taylor, glimpsed her gazing longingly into the refrigerator and saying, "Oh, I would love to bite you and you and you . . . !"). She's had her hair tipped and highlighted in silver-blond and styled in trendy spikes. Close friends and family are convinced that nothing will cause her to backslide as far as alcohol and drugs are concerned.

Now that she seems to have her personal life under control and she is giving her time and energy to fund-raising for AIDS research, what will become of Elizabeth's career?

While critics have not always praised her performances, Elizabeth was honored in September with France's highest award for excellence in the arts: Commander of French Arts and Letters. She has appeared as a guest star on *Hotel*, in a starring role in the TV movie *Malice in Wonderland* and in a smaller role in the mini-series *North and South*. Most recently, Elizabeth has contracted to host and occasionally star in a one-hour weekly anthology series. Tentatively titled *Elizabeth Taylor's Favorite Love Stories*, the series is scheduled to run during the 1986–87 season. According to its executive producer, Irwin Meyer, "she will be closely involved with everything from choosing material to the look, feel and concept of the series." If the show does well, it will guarantee Elizabeth a multimillion-dollar salary. One other possible project: She has mentioned writing a book about her successful weight loss. Friends say that Elizabeth *needs* to work, not for the money—she already owns about $20 million worth of homes, art and jewels—but because she is so easily bored.

But even if the next thing we read about Elizabeth is another crisis in her life, it's safe to say that she'll rebound quickly. As her longtime friend producer Zev Bufman has said, "It's best not to underestimate Elizabeth. No one has been 'finished, washed up' more times than she has. And yet she always comes back stronger than ever."

Elizabeth herself concurs: "There's one thing you have to know about me," she says. "No matter what happens, I'm loud, noisy, earthy and ready for much more living. You're looking at a zesty, no-nonsense lady." **End**

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TRAVEL JOURNAL

A TASTE OF MEXICO

visit to the Southwest would be in-nplete without a hop across the rder into Mexico to sample some of e colorful towns. Many have been uced up recently, and U.S. citizens d resident aliens with valid green ds can cross the U.S.–Mexican border ely. Here are the best border towns:

gales Sixty miles south of Tucson, izona, this city of nearly 200,000 has profusion of good shops and restau-nts; a fine hotel, the Fray Marcos de za; and a new bullring; it's a trans-rtation center and the major U.S. teway to Mexico's west coast resorts. Nogales's main street, Calle Obre-n, runs north and south in an orderly awl of shops, bars and restaurants. Try the restaurant La Roca and El lcon, at 91 Calle Elias, two separate rs and dining areas in a huge white cienda-style building where fabrics, hions and antiques are sold.

udad Juárez Sharing the interna-nal border with El Paso, Texas, árez is the most scenic of the border wns, with wide boulevards and ex-nsive green parks. Juárez has a new ltural center, which includes the Mu-m of Art and History.

The city has a number of outstanding staurants, none more popular than lio's Cafe Corona, 2200 Avenida 16 de ptiembre, in business for more than ty years. Try the Mexican plate "A la rona" or the Boquilla black bass.

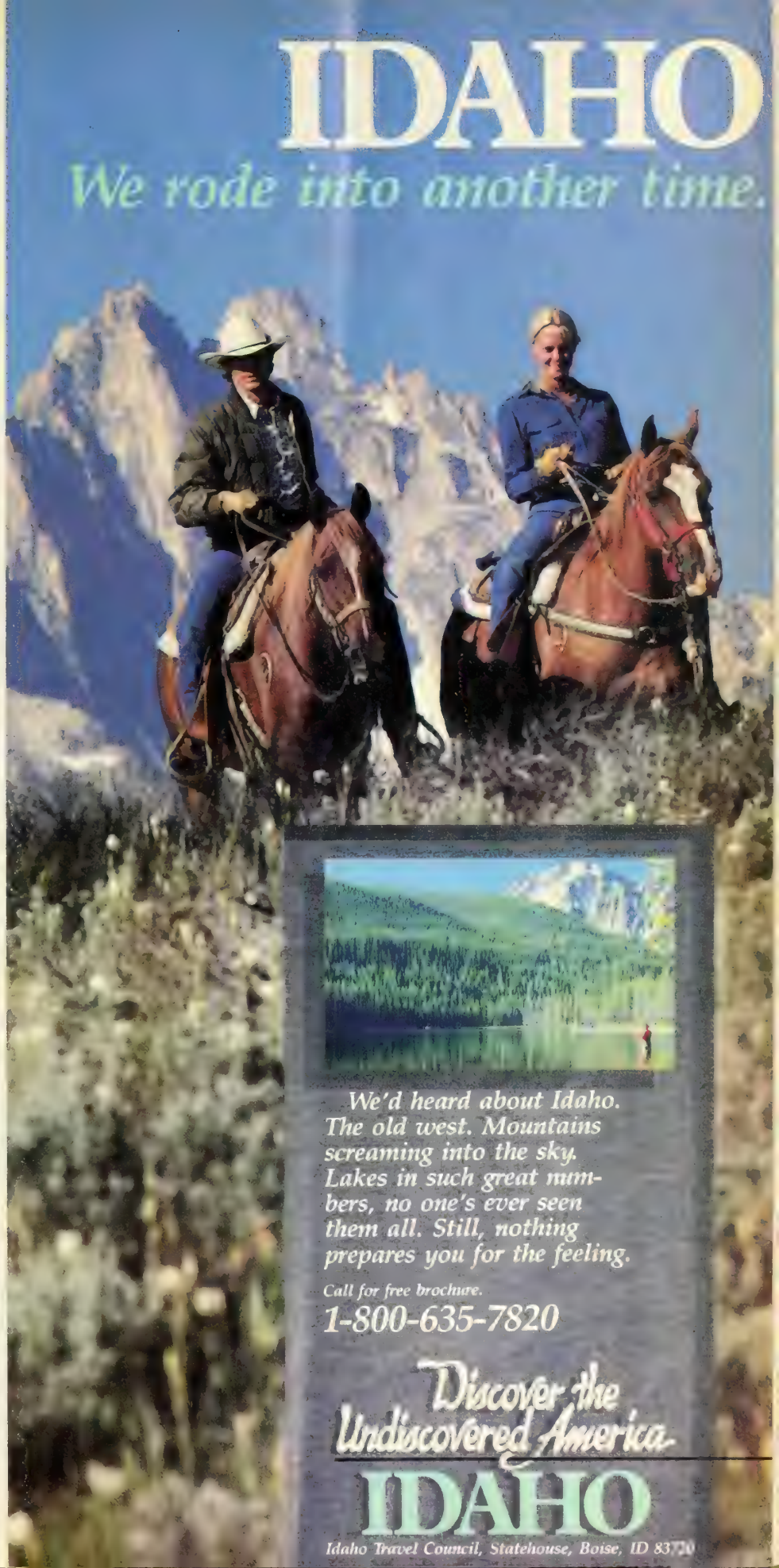
uana Seventeen miles south of San ego, Tijuana is the busiest border eckpoint in the world, with more an forty million crossings into Mex-a year. (The Tijuana Trolley leaves e Amtrak station in San Diego every enty minutes. The fare is $1.)

With its many visitors generating a ge volume of business, Tijuana has me of the best bargains (and some of e biggest rip-offs) in all of Mexico.

For the sporting crowd, there is Agua liente racetrack, with horse and eyhound races and jai alai, a furi-sly fast game that draws huge wds, although no one seems to know at's going on. There are two bull-gs—the Plaza de Toros de Monu-ental, overlooking the sea, and the aller, older Plaza El Toreo de Ti-ana, in town. The bullfight season ns from May through September.

You'll also want to visit Fonapas, the w $35 million cultural and tourist nter, where art exhibitions, concerts, nces and other artistic programs are aged.

—RON BUTLER



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GREEN THUMB JOURNAL

No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden.
—Thomas Jefferson

This is my first Green Thumb Journal column, so I'd like to tell you what I hope to accomplish. This column is for all of you who want to learn the ABCs of gardening and to have fun doing it. You'll learn what gardening has meant to me, and I hope that you, too, will feel the inspiration that I have felt.

There are many fabulous things about gardening, but the best thing is that absolutely anyone can do it. It's great fun, and for someone who is unhappy or lonely, a garden can be a good and loyal friend. Gardening can also be tremendously relaxing. In addition, once you plant your garden you'll feel thrilled when you see your plants growing. Each day you'll find changes.

Gardening will help you discover a whole new world. You will develop a tremendous respect for Mother Nature, as I have. And you must have a certain amount of discipline when you garden. If you don't take the proper steps, you'll find that you're competing with pests, birds, rabbits and chipmunks.

Gardening gives you an enormous sense of pride and accomplishment. You can get totally absorbed in it, because there is always something to do. You also learn a lot from talking to other people about gardening.

Best of all, your garden is never finished. You must keep up with it—like watching your children grow. It will reward you for all the care you put into it. And if you help it grow, it will never disappoint you.

Tips for gardeners

- Make sure that all garden tools and machines are cleaned, oiled and greased to prevent rust.
- Shower houseplants with tepid water once a month to keep their leaves shiny-clean and to discourage insects from attacking. At the same time, remove old flowers and dead leaves.
- Winter heating often dries your skin and it may also make your plants excessively dry. To prevent this from happening, increase the humidity by placing trays of pebbles filled with water under your plants. Group moisture-loving plants in the same room, and operate a humidifier for them.
- Plants that are resting (not currently growing) should be kept damp, but don't fertilize during this period. Pinch off any yellow leaves.

Q. *How should I care for a potted amaryllis that is about to bloom?*

A. Put your amaryllis in bright light but shield the flowers from hot, direct sun. Your plant will do well at comfortable indoor temperatures (approximately 70°F. in the daytime and in the sixties at night). Keep the soil evenly moist; mulching with moss helps conserve moisture. When the petals wither, cut off the bloom stalk where it emerged from the bulb, and set it in a warm, sunny window to grow. Water freely and apply flowering houseplant fertilizer regularly during the spring and summer. If possible, in the summer, bury the pot in soil to its rim in a sunny area outside. In September, before frost occurs, bring the amaryllis back inside. Withhold all water and fertilizer throughout the autumn, and store the plant in a cool (60°F.), dark place. When the leaves dry up, remove them. At any time after two months of rest, flower buds may appear. Bring the plant to a warm, sunny window and resume light watering. However, not all amaryllis plants bloom the second time around. If yours doesn't, give it one more season of care. —C.Z. Guest

If you have any questions, problems or stories pertaining to your plants or gardens, send them to C.Z. Guest in care of *Ladies' Home Journal*, 3 Park Avenue, New York, NY 10016.

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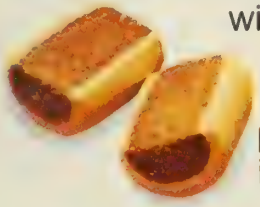
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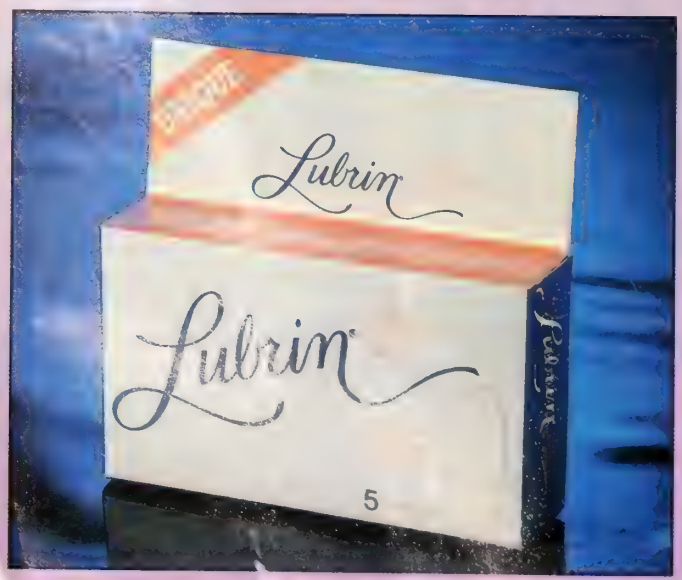
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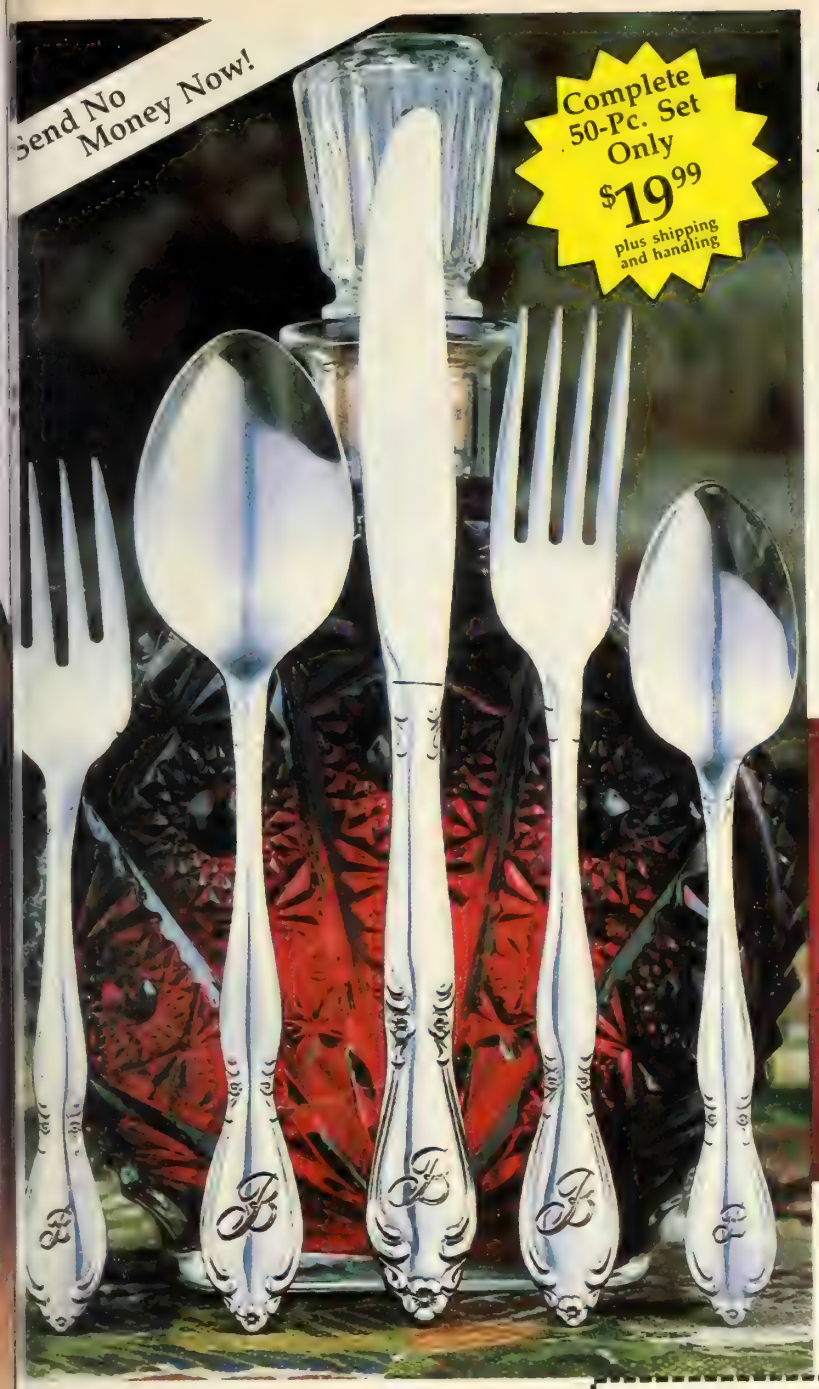
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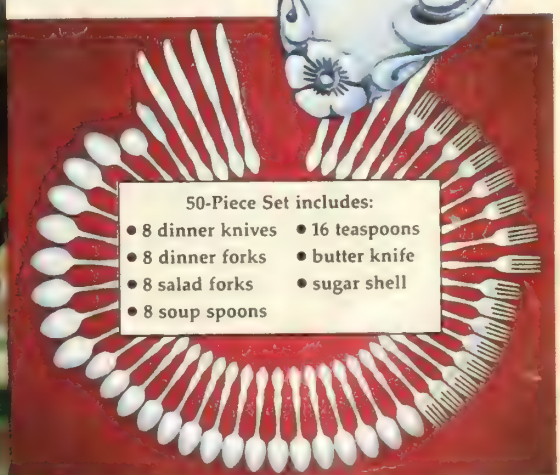
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25 BEST HOSPITALS

continued from page 119

for research. It is noted for its work in hand surgery, for its treatment of cancer and spinal cord injuries, and for having one of the first arthritis rehabilitation centers in the country.

4 The Johns Hopkins Hospital, Baltimore. One of the newest additions to the giant medical complex at Johns Hopkins is the $42 million Adolph Meyer Center for the Neurosciences and Psychiatry, which is among the first facilities in the nation to bring psychiatry, neurology and neurosurgery together under one roof. Johns Hopkins performed the first clinical tests of the automatic implantable defibrillator, which virtually eliminates deaths due to cardiac arrhythmias for patients who are subject to frequent cardiac arrests.

5 Baylor College of Medicine, Houston. With eight primary affiliated hospitals of its own, Baylor is a member of the Texas Medical Center at Houston. It is perhaps most famous for the pioneering heart surgery of Dr. Michael DeBakey. Patients come from many areas of the world for difficult operations in the fields of cardiothoracic and gastrointestinal surgery.

6 University of Washington Affiliated Hospitals, Seattle. These hospitals serve a wide region with a full range of medical treatment and are important contributors to American medicine. Forty percent of the patients are from other parts of the country; many have been referred for specialized treatment at the pain clinic, the spinal cord injury center, the neonatal intensive care unit and the cancer center.

7 The Cleveland Clinic Foundation, Cleveland. Long famous for its expertise and research in the cardiovascular field, the hospital is well known for its work in open-heart surgery. Other important programs include a comprehensive artificial-organ research department and a major center for transplants of hearts, kidneys and bone marrow.

8 The Hospital of the University of Pennsylvania, Philadelphia. Established in 1874, this institution is now famous as a critical-care center treating the most complex conditions. It has a wide range of specialized diagnostic services and has gained a reputation for cosmetic surgery techniques and the treatment of infertility.

9 Duke University Medical Center, Durham, North Carolina. This complex, which includes a 1,008-bed hospital and a distinguished faculty of 1,400 specialists and researchers, is one of twenty federally funded comprehensive cancer centers. Surgery for certain cardiac arrhythmias is advanced, and the ophthalmology department is well known throughout the world.

10 Medical Center at the University of California, San Francisco. An internationally recognized center for biomedical research, including schools of medicine, pharmacy and dentistry. Clinicians and basic scientists are working with oral-cancer specialists from the School of Dentistry to launch a major attack on AIDS.

11 The New York Hospital–Cornell Medical Center, New York City. A unique cooperative arrangement allows the hospital to share outstanding students and members of the faculty and staff with the Memorial Sloan-Kettering Cancer Center, the Rockefeller University Hospital and the Hospital for Special Surgery.

12 The University of Michigan Medical Center, Ann Arbor. With seven hospitals offering programs in every medical specialty, this is one of the largest and most versatile medical centers in the United States.

13 Brigham and Women's Hospital, Boston. This Harvard-affiliated institution is best known for its work in tissue compatibility, the immune system, cardiology, plastic and reconstructive surgery, and urology.

14 Yale–New Haven Hospital, New Haven, Connecticut. A pioneer in fetal cardiology research and in the development of Timoptic, a drug for the treatment of glaucoma.

15 Vanderbilt University Medical Center, Nashville. Famous for the treatment of kidney diseases, diabetes and pancreatic disorders.

16 University of Miami/Jackson Memorial Medical Center, Miami, Florida. Home of the world-famous Bascom–Palmer Eye Institute at the Anne Bates Leach Eye Hospital, the medical center is also internationally known for its pioneering research in the field of hematology.

17 University of Minnesota Hospitals and Clinics, Minneapolis. Recognized as the leading organ-transplant center in the world.

18 University of Texas Health Science Center at Dallas. Excels in the treatment of burn victims, especially in its pediatric trauma unit.

19 Northwestern Memorial Hospital, Chicago. Houses many outstanding programs, including one of only fourteen arthritis centers in the country, with a unique program for treating childhood arthritis.

20 Barnes Hospital, St. Louis. T coronary unit, which perfor more than twenty-five hundr operations annually, is well-known a center for the care of heart diseases.

21 University Health Center of Pitt burgh. Includes the most high regarded liver-transplant cent in the United States.

22 University of Colorado Heal Sciences Center, Denver. T first liver transplant operatio were performed here more than t decades ago.

23 Stanford University Medic Center, Stanford, Californi Some of the nation's top resear scientists are also involved in day-t day patient care, particularly in t treatment of cancer.

24 The Presbyterian Hospital in t City of New York. Known for bas research in controlling tum growth, blood tests for cancer, and i novative outpatient treatment th continues to improve the outlook f people with malignant tumors.

25 UCLA Center for the Health Sc ences, Los Angeles. The hospit is famous for its heart- and live transplant programs and its Brain R search Institute.

My favorite movie



By Joel Siegel, film critic for Good Morning America

Without a doubt *Casablanca* is m all-time favorite. I've seen it a hundred times. I still cry when the patrons at Rick's sing the French national anthem, *La Marseillaise*. I still cheer at the end when Humphrey Bogart shoots the Nazi in the back. *Casablanca* isn't the best film ever made—that would probably be *Citizen Kane* or *Grand Illusion*—but it's still the mos fun. It's wonderful entertainment."

From the forthcoming book THE BEST IN MEDICINE: WHE TO GET THE FINEST HEALTH CARE FOR YOU AND YOU FAMILY, by Herbert J. Dietrich, Jr., M.D., and Virginia H. B dle, to be published by Harmony Books, a division of Cro Publishers, Inc. Copyright © 1986 by Herbert J. Dietrich, M.D., and Virginia H. Biddle. All rights reserved.

Am I pregnant?

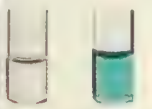


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MOST ROMANTIC TURN-ONS
continued from page 121

settle for a bag of roasted chestnuts.

■ A plane carrying a banner with a message to you. But it can't be for your birthday or any specific occasion. It has to be spontaneous. And the message should be very personal—something no one else would understand.

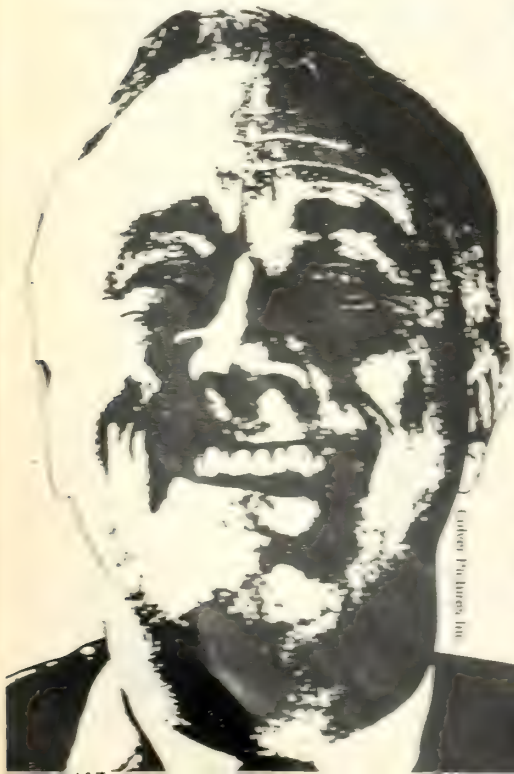
■ A man who can cook a fantastic meal. I used to go out with a prince of a European dynasty who prepared incredible rare steaks that would melt in your mouth and a wonderful fresh salad and delicious potatoes. And the piece de résistance was champagne that he made himself with French peaches. It was quite a turn-on, I'd say.

■ A man who presents a challenge. I get turned on by a man who's extremely difficult, who is hard to get. I think Robert Redford is very sexy because he's so incorruptible.

THE BEST CHILDREN'S BOOK

According to Judy Blume

My favorite children's book has to be *Harriet the Spy*, by Louise Fitzhugh. I first read it as an adult, when I was beginning to write, and it not only delighted and inspired me, but it gave me the courage to keep writing the kinds of books I write today—books about real children with real feelings.



Culver Pictures, Inc.

THE BEST WAYS TO LOOK RICH WHEN YOU'RE NO

By Jacqueline Thompson, author of Future Rich (William Morrow & Co., 198

■ Dress in up-to-date styles, but nothing too way-out. Read fashion magazines and try a about new colors, hemlines and materials.

■ Shop at designer clothing outlets or resale shops for bargains.

■ Spend the same amount of money on fewer clothes. Rather than clutter your closet, invt in a core group of classic, well-tailored items, such as a suit, a few good blouses or sweaters, and a coordinated pair of pants. Buy dresses that would go well with your basi for a more complete and coordinated look.

■ If you can't afford to wear gold, less costly alternatives include natural stones and silv Stay away from clunky plastic.

THE BEST BEAUTY TIPS FROM FOUR TOP MODELS

Cheryl Tiegs's hair tips "It's a good idea to switch shampoos often. I have three different brands, and I change each time I shampoo since different shampoos act differently on the hair.

"For many years, I used conditioner every time I shampooed. Finally, my hairdresser told me to stop—that I was overdoing it and making my hair flat and limp. So now I condition only once a month. I've found my hair doesn't dry out the way I thought it might. It has a lot more life now, in fact.

"And now that I'm not overconditioning my hair, it doesn't need to be washed as much as before. In winter, I can simply wash it every other day.

"I have very fine hair, and most mousses and gels weigh it down. Sprays work best for me. I brush my hair into the style I want, spray it to death, and just before I go out, I brush it through so it doesn't have a sprayed look—but the style is still in place."

Isabella Rossellini's makeup tips "I love the bright colors that makeup artists use on my eyes, but when I do my own makeup, I tend to stick with neutral colors: beige, brown, peach. I love the look of stronger eye makeup, but I'm afraid of trying colors like blue and green myself. I'm still learning.

"I have the most fun doing my lips. This is where I can let myself go absolutely wild with color, since lipstick is so much easier to apply than eye makeup. I love mixing two or more lipstick shades, and I love the look of bright-red lips.

"When it comes to my skin, I follow the seasons. I pay much more attention to my complexion in the winter, when my skin gets dry. In summer, I use sun screens and try to stay out of the sun and I switch to lighter moisturizers."

Carol Alt's tips "I always wear moisturizer (whether I'm wearing makeup or not), especially on airplanes. I concentrate on my eyes, nose, forehead, lips and the skin around my mouth. Sometimes I mix the moisturizer with water—lately I've been using almond oil, too. But don't put heavy creams too close to your eyes at night or you'll wake up puffy.

"To soothe my eyes after a day of heavy makeup and bright lights, I close my eyes for three minutes and apply cool, wet tea bags or cotton balls.

"I drink lots and lots of water and seltzer all day long. I used to drink eight cups of coffee a day in the studio, but I quit cold turkey. Now I drink hot water with lemon in the morning."

Kim Alexis's tips "When it comes to makeup, less is more—or rather the *look* of less is more. The key to looking beautiful is to blend your makeup. Go over the foundation with a slightly damp sponge after applying. Use a dusting of translucent powder as a final step to help set makeup and to blend it fully."

THE BEST PRESIDENT OF THE UNITED STATES

According to historian Theodore H. White

"Franklin Delano Roosevelt. He used politics for history's purposes."

Toe to toe



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The best way to catch a man

By Zsa Zsa Gabor

The best way to catch a man is to flatter him, dahling. Be his mistress, his mother, his friend, make him feel special. Spoil him. Give him everything. And cook him goulash. Believe me, dahling, men are such babies; feed them and they're yours."

THE BEST METROPOLITAN AREAS TO LIVE IN

According to the 1985 Rand McNally Places Rated Almanac

1. Pittsburgh
2. Boston
3. Raleigh-Durham, North Carolina
4. Philadelphia/San Francisco
5. Nassau and Suffolk counties (Long Island, New York)
6. Louisville, Kentucky
7. St. Louis
8. Rochester, New York
9. Norwalk, Connecticut.

THE BEST ADVICE FOR A HAPPY MARRIAGE

According to Jeanette Garten, Ph.D., president of the New York Association for Marriage and Family Therapy

The most important factors in a successful marriage are having a realistic attitude and realistic expectations.

"Marriage should be looked upon as an adventure in which both partners explore options," says Garten. "It's important not to look upon a marriage as a fixed entity, because not only do ideas about marriage change over the course of the years, but people change, and the surest way to be unhappy is to expect the marriage to remain the same forever."

If you are fixed on an image of the past or of the way things should be, Garten says, you will feel threatened every time your partner seems to change. Instead, take time out to talk about conflicts, and listen as if you were listening to another couple. Try to see change from your spouse's point of view.

THE BEST WAYS TO COMBAT STRESS AT WORK

According to Paul J. Rosch, M.D., professor of medicine and psychiatry at New York Medical College, in Yonkers, and president of the American Institute of Stress

■ Identify all the irritations you can do something about—such as having to skip lunch—and work out a solution. Force yourself to keep to a set lunch hour each day, for instance.

■ Figure out how much of your anxiety is self-imposed. If you set unrealistic goals for yourself and constantly wind up frustrated, you need to reevaluate your job objectives.

■ For stresses out of your control, "draw up an agenda and figure out just how upsetting they are to you," suggests Rosch. "If you're always going to feel frustrated at work, either learn to accept them or look for another position."

■ Exercise regularly.

THE BEST WAYS TO SELL YOUR HOUSE FOR A HIGHER PRICE

According to the American Institute o Real Estate Appraisers and the National Association of Realtors

■ Make sure that paint and plaster are fresh and grounds neatly kept. Repair loose knobs, stick doors and windows, and warped cabinet drawers.

■ Fix faucets so dripping water doesn't disco sinks or tubs and suggest faulty plumbing.

■ Repair crumbling caulking in tubs and showe then scour tiles to make the bathroom sparkle.

■ Open draperies to make rooms sunnier.

■ Remove clutter from basements, attics and oth utility space, and brighten dark basement wa with a new coat of paint.

■ Make closets look bigger by organizing them.

■ Use attractive bedspreads and hang fresh laundered curtains in bedrooms.

THE BEST WAYS TO SURVIVE YOUR TEENAGERS

By Jean Rosenbaum, M.D., and Veryl Rosenbaum, authors of Living with Teenagers *(Stein & Day, 1982)*

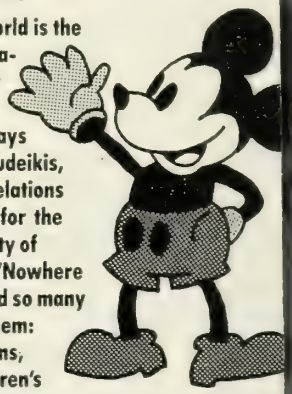
■ Look at things with a sense of humor. Often parents take each challenge too seriously. If you can, make a joke.

■ Remember that part of being a teenager is breaking away from parents and becoming an individual. Don't feel threatened.

■ Learn to listen. Make sure the television or radio is off when you and your teen are talking, and give your child your complete attention.

■ Don't be alarmed when your kids express opinions different from yours. In the process of finding out who they are, teenagers often try on ideas. If your daughter walks in at dinnertime and announces that she is becoming a vegetarian "and you people are really gross," don't put her down, or the habit will only take hold more strongly. "If you make the mistake of saying 'Oh, that's ridiculous,' you're forcing them into a corner where they will have to take a hard stand," explains Veryl. "Always make sure you give your teenager a way out."

The best places to tak your kids



Disney World is the best vacation spot for children," says Kathy Sudeikis, public relations counsel for the American Society of Travel Agents. "Nowhere else can you find so many amenities for them: kids free in rooms, child care, children's prices for most things, and, of course, the Magic Kingdom and Epcot."

Paul Kerstetter, a vice-president of Maupintour, also suggests taking your kids to any of the nation parks. "Places like the Grand Canyon and Bryce Canyon give your children a feeling for majesty."

This article was compiled by Sherr Suib Cohen, Marie and Jeff Blyska Jill Andresky Fraser, Eric Sherma and Mary Clarke.



Beat Around The Bush.

This strawberry wasn't easy to pick. We travelled to a world-renowned field where some of the best strawberries grow. We looked for the ripest. We looked for the sweetest. And we looked for the juiciest. We circled all the bushes in that field and put a lot of thought into picking just the right berries.



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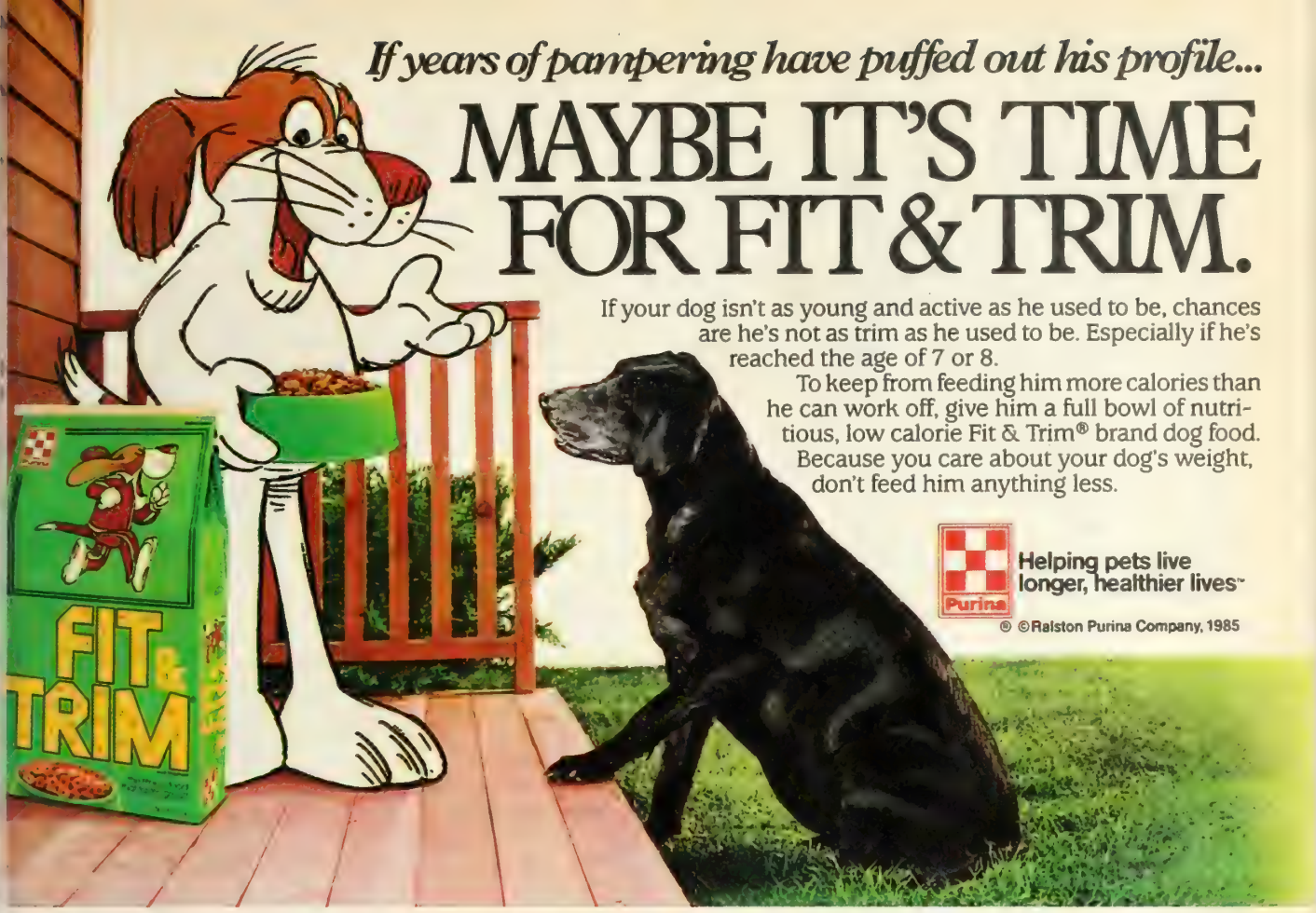
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YOU BE THE JUDGE

continued from page 107

r month for child support until the ild reached age twenty-one.

IE MOVE TO AUSTRALIA

ısan and Robert were divorced, and th had remarried. They shared cus- dy of their seven-year-old daughter, na, under an arrangement that gave obert custody during the summer onths. Then Susan and her new hus- nd decided to move to Australia and ke Tina with them. Robert sued, de- anding that he be given sole custody.

ıe mother's case

ısan argued that her new husband ıs an Australian citizen, so the move ıs logical. Moreover, she claimed that na wouldn't forget or lose contact th her natural father because Robert ıd Tina could have longer visitation riods during the summer.

ıe father's case

varding sole custody to Susan in light her planned move to Australia would ny Tina the love and guidance of her ther, contended Robert's attorney. oreover, it would deprive her of the ght to be raised and educated in her vn country and would deprive Robert his natural rights as a father.

The court's decision

The court made it clear that it would be guided by Tina's best interest, declaring, "A child is not a thing or an object to give as a prize to the winners of a contest. It is a precious, unique, individual being, whose life would be affected by the court's decision in the matter of custody. All children in divorce and custody proceedings have certain unalienable rights."

The judge then stated his view: "There is no doubt both parents love their child and seek relief that they believe to be in the child's best interests." However, focusing on the issue of citizenship, he sided with Robert: "Nowhere in the world today is the right of citizenship of greater worth to an individual than it is in this country. It would be difficult to exaggerate its value and importance. This court will jealously guard the treasured birthright of the child. In view of the circumstances, I find that the mother is not acting in the best interests of her daughter in attempting to take her to Australia, where the child will be raised, educated and brought up for all practical purposes as an Australian."

Robert was awarded custody of Tina, with Susan given visitation to be exercised in Tina's home state of New York.

THE SPIRITUAL LEADER

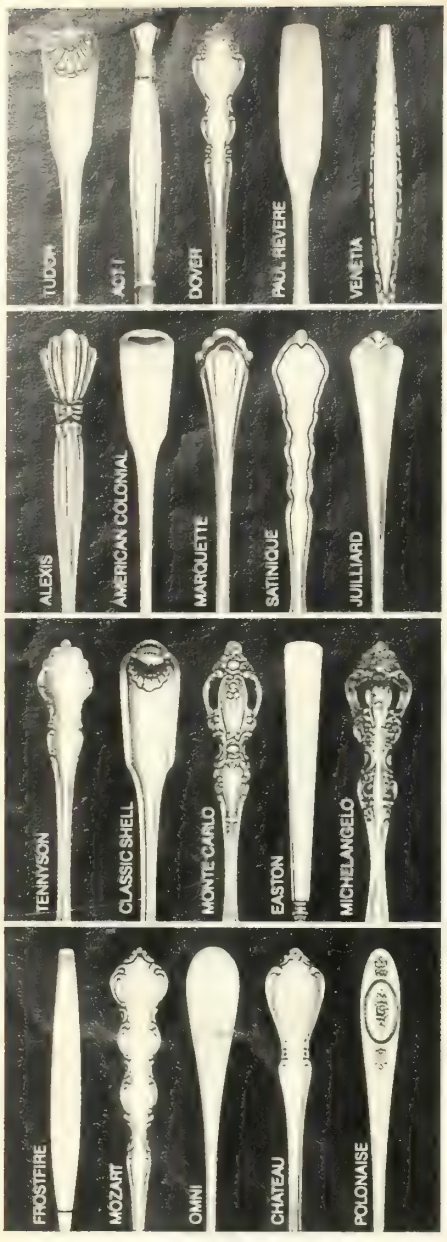
Bonnie and Arthur were divorced, and Arthur was ordered to pay modest child support for their two children, ages six and four. Nine years later, an automobile accident impaired Bonnie's earning capacity, and she asked the court to increase support payments.

Meanwhile, Arthur had quit his job as a machinist, changed his name to Krishna Venta and founded a religious society known as W.K.F.L. Fountain (the letters stood for wisdom, knowledge, faith and love). The society was incorporated; Arthur was its treasurer and spiritual leader. The society paid all of his living expenses, including child support, gifts for his six children by a new wife and part of a twenty-five-hundred-dollar gambling debt incurred in Las Vegas.

The mother's case

Child-support allowances should be modified when the needs of dependent children and the ability of a parent to pay warrant a change in the original court order. The two children in this case were now teenagers with increased need for food, clothing and medical care. Moreover, their mother was partially disabled, in debt from spending more

(continued)



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ONEIDA

YOU BE THE JUDGE
continued

than a year in the hospital and unable to work steadily. Obviously, an increase in child support was due.

The father's case

Arthur claimed that the money he received from the society was a gift to him and that his services were rendered gratuitously. Thus he had no money, property or earnings and was unable to pay additional child support.

The court's decision

The court ruled that regardless of the form it came in, Arthur was receiving compensation from the society he had founded. It also ruled that child support need not be based upon the actual income or property of an ex-husband, but instead upon his ability to earn. Arthur, the court noted, was an able-bodied man. Thus, if his religious order refused to provide additional funds, he could go out and get another job.

In sum, the court declared, "There is ample evidence of changed circumstances [on the part of the wife] and of defendant's financial ability to meet his children's needs and of his ability to earn money in the future." A 100 percent increase in child support was ordered.

THE UNWED FATHER

Mary had a child out of wedlock. Frank, the natural father, sought visitation but was rebuffed by Mary. As their child, a girl named Shelly, grew older, she adopted her mother's attitude. Whenever Frank came to visit, Shelly would say that she hated her father and didn't want to see him. All of these conversations were taped by Mary in anticipation of a court battle. Frank never had any visitation with his daughter. Finally, he went to co

The mother's case

Mary argued that she wanted Fran leave Shelly alone so the child could on with her life. While admitting she had not tried to improve S ly's attitude toward her father, she tended that she had done nothing prevent visitation either. Shelly simply made up her own mind. M said she wasn't seeking child supp so why didn't Frank just get lost?

The father's case

Frank responded that Mary had soned their child's mind against h Shelly's best interests, he claim would be served by meaningful vis tion, even if it was necessary for child to see a therapist.

The court's decision

The court ordered an extensive psyc logical examination of Mary, Fra and their child. It then ruled t Frank was a fit father and, as such, entitled to visitation with his natu child. Moreover, the judge held t Mary was required to take affirmat action to foster the relationship tween father and child.

Frank was awarded visitation w Shelly each Wednesday from 3:30 8:30 P.M., away from the mother's re dence. In addition, Mary was ordered "encourage and institute appropri measures to gain the cooperation of t child in visiting with her father."

VISITATION AND DOLLARS

Ethel and Richard were divorced, a Richard was allowed liberal visitati with their children but required to p alimony and child support. Then Et began to thwart visitation in violati of the divorce judgment, so Richa simply cut off the money. *(continue*

THE CHILDREN'S BILL OF RIGHTS

There's no fixed standard for determining the best interests of a child in matters of custody, visitation and financial support. However, one judge reviewed volumes of legal rulings on the subject and enumerated the following principles.

1. The right to be treated as a person and not as a pawn or chattel of either or both parents.

2. The right to the home environment that will best guarantee an opportunity to grow to mature and responsible citizenship.

3. The right to the privileges and benefits of being a United States resident and citizen.

4. The right to the day-by-day love, care, discipline and protection of the parent having custody.

5. The right to know the noncustodial parent and have the benefit of that parent's love and guidance through adequate visitation.

6. The right to a positive and constructive relationship with both parents, with neither permitted to degrade the other in the mind of the child.

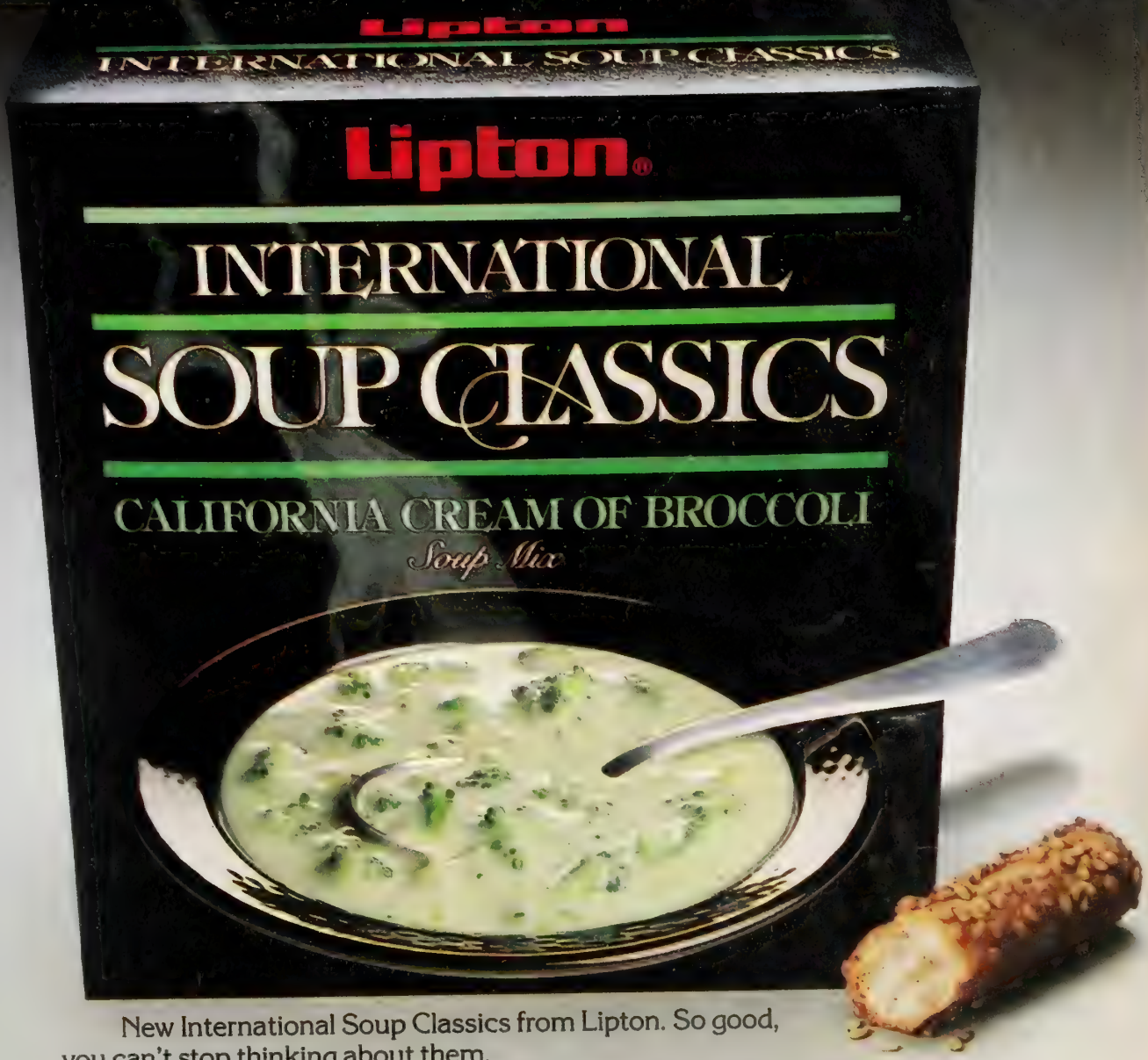
7. The right to the most adequate level of economic support that can be provided by both parents.

8. The right to the same educational opportunities that the child would have if the family unit wasn't broken.

9. The right to periodic review of custody and child support as circumstances may require.

10. The right to recognition that children involved in a divorce are disadvantaged parties and the law must take affirmative steps to protect their welfare and security.

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Diahann Carroll

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YOU BE THE JUDGE
continued

en the amount owed reached ,000, Ethel took him to court.

e mother's case

el argued that visitation and dol- were two separate issues and uldn't be tied together and that the t interests of the children required ir father to support them.

e father's case

hard argued that Ethel had actively akened his relationship with his dren and prevented them and him n enjoying visitation rights. Thus, default was excusable in light of the that Ethel had enough money to port herself and the children.

e court's decision

e court held that a custodial parent o violates a judgment with respect visitation can be made to suffer an nomic penalty. Often a judge will pend alimony payments but require t child support continue on grounds t the children themselves shouldn't fer. Here, however, the judge was yed by Richard's claim that the ten usand dollars was history and el had been able to provide for the dren during that period. Thus, el's demand for back payments was denied with the understanding that visitation and future payments would be carried out as previously ordered.

SARAH A/K/A SAM

Bernie and Sarah were divorced, and Sarah was awarded custody of their four children. Then Sarah underwent a sex-change operation, grew a moustache, married a woman and changed her name to Sam. "In all physical appearance," wrote one state court judge, "Sam is now a strong, healthy male."

Bernie was not amused. He went to court, got an order setting aside the original custody decree and brought the children (all girls) to his home. However, the children ran away in search of Sam. Finally, they were apprehended and placed in a foster home, pending a court review of the case.

Sam's case

Sam claimed that he had thoroughly established himself as a father image as far as the children were concerned and insisted that they were devoted to him and his new wife.

The father's case

Bernie argued that awarding custody to Sam would condemn the children to an atmosphere of "homosexuality, lesbianism and other unnatural sex acts"—a life that would hardly advance the best interests of the children.

The court's decision

The judge hearing the case interviewed each of the girls individually away from the parents. He also noted that, "[The natural father] evidences no apparent affection for his children. During the course of the hearings, he never once approached the girls, never spoke to them except to say hello and never once showed any sign of affection for them. His demeanor was cold and aloof."

Then the judge made his decision: "Each of the girls independently professes great affection for their pseudo-father and great disaffection, bordering on hate, for their natural father. Ordinarily, the desires of children do not enter into a decision of the court respecting custody in any great degree, but in this case we feel they must be considered. The girls understand their former mother's change of sex, and they appreciate it for the fact that it is. We feel that despite social mores, the welfare of the children will be best served by placing them with their former mother and now the father image, Sam. Although it strikes at personal beliefs that I have held for many years, I am convinced that Sam is the better parent for these girls." **End**



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JOANNA AND DAVID

continued from page 84

)avid finally called. Now I understand ıy I haven't heard from him all week. ınday, while she served him tea and ɔnes, Elaine West told him his play ıs hopeless. She said his characters ɔre cardboard and his plot melo-amatic. How could she be so cruel? ıt suddenly I heard David saying he ɔuld be grateful to her for the rest of s life. By the end of the week he had . idea for a new play and had spent e weekend drafting it.

called David tonight to ask if he uld meet me in New York for the ıanksgiving weekend, hoping that ight help put us back on track. I even ɔered to pay for our hotel room.

I had a hard time holding back my ars when he said no, explaining that had neither the time nor the money. ɔsides, he said, Elaine West had invit- him to dinner.

My roommate, Kate Greenfield, und me huddled on the floor of the ıone booth, crying my eyes out. She ked me to Washington for Thanks-ving. Well, why not?

onight I had a date with Kate's older brother, Adam. He works for the State Department, and he's very attractive. I couldn't help wondering what it would be like to be married to a man who went to the office every day and knew from promotion to promotion exactly where he stood in his career. Tonight when he kissed me, I kissed him back.

Kissed him back? I never suspected. Kate thinks I've broken my engagement with David—and I suppose I have. When I packed for the weekend, I left his ring in my desk drawer.

1960 A new decade—and I'm entering it alone. David and I are both home in Texas for Christmas vacation. He invited me to spend New Year's Eve at his house so he wouldn't have to drive me home in the wee hours. His mother made a bed for me on the living-room couch, but as soon as we welcomed in the new year with ginger ale and frozen egg rolls—

Have pity, Joanna. Do you have to include every depressing detail?

—she retired for the night, and David took me into his bedroom and closed the door. As he began to undress me, my mind kept wandering, and I couldn't respond. I wondered what Adam was doing tonight in Washington. I looked at that single bed in that grim little bedroom in that claustrophobic tract house, and suddenly I was fighting for breath.

I was so frightened by what I was feeling, I grabbed my clothes and ran through the house to the carport, climbed into his car and sat there shivering, choking back sobs. David slid in beside me and put his arms around me. I couldn't admit what a vain, shallow creature I am—one New Year's Eve with his mother watching Guy Lombardo on television and eating egg rolls, and I'm out the door. So I gave him back the ring and said I thought we should start the new year with a clean slate, unencumbered by earlier promises—that the last thing in the world he needed as he launched his career in the theater was a wife tagging along behind him.

And like a fool, I believed her. Now I learn she wanted out worse than I did.

When I arrived home today for spring vacation, I was amazed to find David waiting for my plane. He took me in his arms right there in the airport and said he wasn't going back to New Haven next fall unless I went with him. He gave me back the ring so I could wear it home to my parents' house. Suddenly I knew *(continued)*



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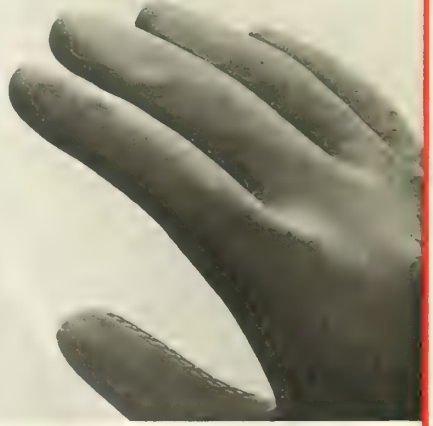
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JOANNA AND DAVID
continued

the only thing I wanted to do with my life was be his wife.

My parents invited him to stay for dinner, and I kept waiting for him to say something about wanting to marry me. But no one got anywhere near the subject. So after dinner—before he could change his mind again—I showed him the vacant servants' quarters above the garage and said if we got married in June, we could fix it up and live in it till we left for New Haven in the fall. He seemed to like the idea, and we went back to the living room for coffee and began discussing the cost of wallpaper and paint when Daddy suddenly interrupted. "Does this mean the two of you plan to get married?" I could see David was not about to go down on bended knee—so I said quickly that we didn't want a large wedding, just the immediate family. Everyone appeared relieved—especially David.

I stood in our college cafeteria line tonight and realized that this was the last time in my life I would be able to take dinner for granted. All that food set out, with no thought or preparation on my part, ready whenever I felt like eating. It was a luxury I'd never stopped to appreciate. Tomorrow my parents arrive for graduation. Then home to Texas, marriage and groceries.

Our honeymoon—the first night. After our morning ceremony, we left Dallas and drove to Corpus Christi. I went into the bathroom and put on my new nightgown and matching robe. When we went to bed, David seemed to enjoy every minute of it, and I felt warm and happy when it was over, knowing I'd pleased him. Until he asked if I'd had an orgasm.

I said I felt wonderful and he felt wonderful, so please stop asking questions before he ruined everything.

I knew she hadn't had an orgasm. I just didn't know what to do about it except keep asking.

Back in New Haven at last! We finally found an apartment, and just in time. Luckily, an elderly widow agreed to rent us the third floor of her house.

Today I began to think about getting a job. Taking Elaine West's advice, I applied to the Yale University Press and said I'd settle for the most menial position just to get into publishing. No jobs openings at the moment.

After dinner, David got out his budget for the year to prove that his savings, reinforced by his afternoon job a

he alumni office, could meet our expenses. He said I shouldn't worry about working this year—I'd worked hard enough through high school and college and deserved the year off.

I was rarely as kind to her as she was to me. It's good of her to record one of my better moments.

I voted for the first time in my life today—for John F. Kennedy. Until now, I've always thought of politicians as members of my parents' generation—or older. But Kennedy is one of us. I spent the afternoon getting my hair styled in a bouffant, and I'm planning to buy a pillbox hat.

David's taking a television class from a CBS story editor who thinks he has talent and encouraged him to write a script on spec for the Alfred Hitchcock show. He loves it and sent it to the West Coast story editor. No one in David's class has come this close to a sale; we're keeping our fingers crossed.

My persistence has paid off! I've been stopping by the Yale Press once a week or so to see if anything was available, and today I got a call from the director to offer me a job as an editorial assistant. I'm so excited that now I'll have somewhere to go every day while David is in class and enough money to buy things at the grocery store he never feels we can afford, like mushrooms and artichoke hearts.

As soon as I set down the phone, I grabbed my coat and set out to find David in the library. When I found him reading *The Dance of Death* I raised my hands above my head to signal victory. He quickly collected his books, and as soon as we were outside, threw his arms around me in a bear hug.

"Where was the call from?" he asked. "New York or California?"

And then I knew. He thought his script had sold. Why else would I have come looking for him? He had no idea how much I wanted to work or about my weekly visits to the Yale Press.

Taking a deep breath, I tried to downplay what had happened, erasing any sign of enthusiasm. But it was too late. Finally, he said slowly, "If you start working next week, how can we go home for Christmas?"

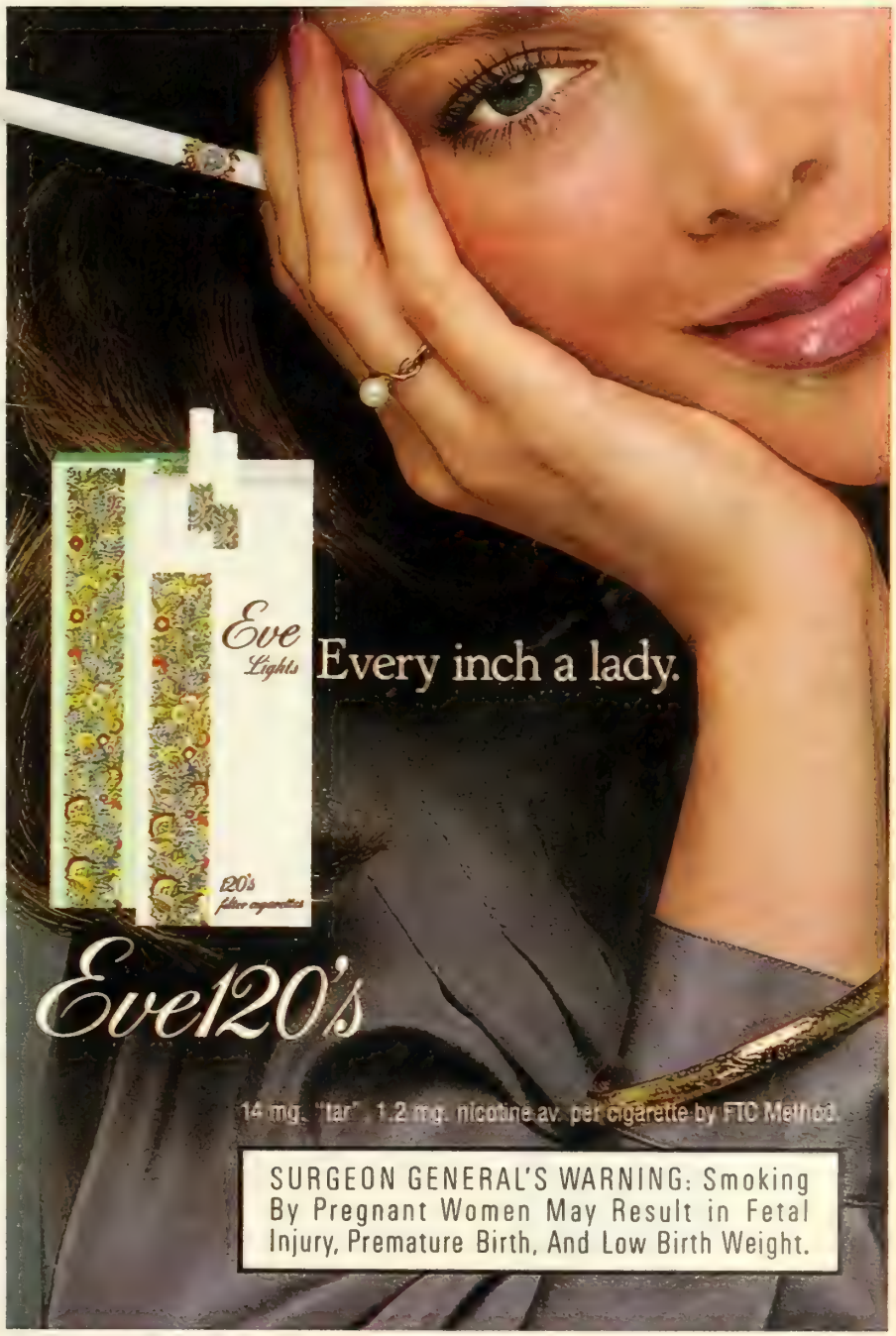
I know I behaved very badly, but when I look back on all that happened, what I still feel is the pain at not making a sale to Alfred Hitchcock.

1961 It was snowing so hard this morning—Inauguration Day—the offices were closed and classes were canceled. We didn't leave the apartment all day. I made French toast, which we ate in front of the television watching the inauguration. When Kennedy spoke, I felt he was challenging all of us who'd come of age in the comfortable 1950s. It's time to stop taking and give something back. But how? When? I'm working long hours now, plus keeping house and looking after my husband, but I still feel part of me is being held in reserve for some unknown purpose.

I tried telling David how I felt, but he couldn't relate to what I was saying. Finally he asked in alarm if I was pregnant. I assured him I wasn't, and he seemed relieved. He said he's decided that it would be selfish for us to have children of our own, even in the faraway future when we can afford them. He thinks that when the time comes we should adopt older children that nobody wants. Frankly, I can't imagine children of any age. Marriage is an almost impossible juggling act; how could I ever manage to juggle children, too?

It took Joanna years to understand that marriage is similar to riding a bicycle. A family adds extra wheels—so you don't fall rounding the curves.

David brought Elaine home for dinner last night, and she announced that like us, she's planning to spend the summer here. I made spaghetti for dinner, and she insisted on contributing a bottle of Chianti, and a cake for dessert. She was very nice about the spaghetti I made and even *(continued)*



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JOANNA AND DAVID
continued

helped me wash the dishes, unlike the first time she came to dinner and acted as if I were the help and she and David the guests. But when I began yawning at eleven o'clock, David insisted I go to bed, since I had to be at work at nine. I waited for Elaine to leave, but she just thanked me for dinner and continued to sit there. They were still talking at two A.M. when I got up to go to the bathroom.

Elaine spent most of that evening telling me how much she admired Joanna—for not losing herself in marriage. She said she didn't think she was capable of being a wife.

I'm terrified that David and Elaine are having an affair. If they are, it's all my fault. If I hadn't been so determined to get a job, we'd be in Dallas now, spending a quiet, air-conditioned summer with our families. David says the apartment's too hot to concentrate in, so when he finishes work he goes to Elaine's apartment to write. At least that's what he says. Tomorrow is our first anniversary. I wonder if he even remembers.

I've never once been unfaithful to Joanna, and of course I remembered that it was our anniversary—but you wouldn't know it from reading this. I surprised her at work wearing a coat and tie and took her out for lobster—the first we'd ever eaten—and when the waiter asked what the occasion was as he tied the bibs around our necks, I said it was a religious holiday for men who worship their wives.

Today David got a long-distance call from Kansas, informing him that *Beside Myself* had won first prize in a playwriting contest he'd entered at the university there.

Hallelujah! Today Kansas, tomorrow the Pulitzer! How exciting to be the wife of a prizewinning playwright!

1962 Happy New Year! A friend showed *Beside Myself* to Martin Mills, who runs a summer-stock theater in Rhode Island. Mills's real ambition is to break into New York theater, and he's convinced that an original play is his best chance. So no more summer in the city. Right after David's graduation, it's off to Rhode Island!

Fall again. We found our first New York apartment—a three-room sublet in the Village for just sixty-five dollars a month. David thought I'd be depressed when I saw the bathtub in the kitchen and kept reassuring me that we could leave on a month's notice, but I'm determined to stay here until *Beside Myself* opens off Broadway. An o Broadway producer is interested in o tioning it. Then we can talk abo moving uptown. Life in New York so exciting.

Did I realize when I asked Joanna marry me, I was also asking her to b my dream? By the next year she h grounds to sue me on breach of promis

1963 The producer is looking for backer for *Beside Myself*, but as yet, n luck. Our money is running out. Than God for the Christmas checks from ou families. Sometimes I feel our ma riage is as much a month-to-mont commitment as this apartment. A David and I just playing house?

Elaine West came to dinner tonigh How silly of me to have once though she and David might be having an a fair. I can see now that it never ha pened and never will.

A friend at the Yale Press helped m find a free-lance indexing job. The pa isn't much, but how can I get a real jo when the man I love likes to work a night while the world is asleep? H usually finishes just as the sun is ris ing. Then we get dressed and go for long walk down to Wall Street. Some times we stop at Chock Full O'Nuts fo doughnuts and coffee. David takes perverse pleasure in being surrounde by people on their way to work, know ing we're heading home for bed.

This is the most horrible day I've live through. November 22. President Ken nedy is dead. We spent the day huddle around the television set like cav dwellers around a fire. The word as sassination sounds so archaic—a wor out of the history books describin something that happens in other cen turies in other countries. Not in 1963 i the United States. And especially no in my hometown!

For Christmas David gave me a beauti ful chain made of two strands—on gold, one silver—that come together i a knot at the neck. He said it repre sents the two of us and our marriage. gave him the new Oxford dictionary in scribed "Somewhere in here you wil find your next play."

1964 I bought a pink wool coat from Bonwit Teller. I've never had a spring coat before—I always go from my heavy winter coat to my khaki rain coat. Maybe a new coat is the key t enjoying each season as it comes.

There must be ten pages torn out o this journal here. What was happening to us in 1964?

all that spring. Sometimes I would find her crying in the bathtub for no reason.

I remember the pink coat. When I tried to make her see what a ridiculous choice it was and insisted she return it the next day, she grabbed it and started out the front door, saying she'd bought it on sale and couldn't take it back.

But when she didn't come back, I got worried and went out looking for her. I found her in the Laundromat, holding an empty box of black dye while behind the glass door of the washing machine her coat tumbled in an inky ocean.

She wore that black coat—which had shrunk into a very short black dress—for years. Every time she put it on, I felt both of us were mourning for our lives. She never wore pink again.

1965 Elaine was fired from her job as a critic for writing a good review of a play no one else liked. I didn't know how to comfort her. Glancing into the living room to make sure David was still watching the late news on television, I whispered to Elaine that I had a problem and needed advice. No words of consolation could have cheered her faster. Then I confessed that I'm still not sure what an orgasm is—so how can I know if I've ever had one?

Elaine hugged me and said I'd been reading too many novels. What happens is not nearly so mysterious and awesome as you were led to believe. She then described a simple exercise I can start doing right now—to strengthen something called the magic muscle. It's used by women trying to get back in shape after pregnancy. When they're able to have sex again, they discover to their surprise that they enjoy it.

Suddenly I feel as if Elaine just crawled into bed with us.

Tonight David read me his new play, *Detours*—about a girl and a boy who meet in high school. By the end of the play, when the wife dies in childbirth, I was sobbing and David was elated.

It's finally happened—that elusive interior explosion I was beginning to think I'd never experience, except in fiction. I wish I could share my excitement with David, but I can't tell him it happened tonight without admitting that it never happened before.

As if I didn't know. Though I, of course, gave full credit to my increasingly sophisticated technique.

Christmas came early this year. *Detours* has been optioned for Broadway! The producers plan to open it in the spring. This time I know it will work out. They want rewrites, so we'll be staying here over the holidays.

I went to the doctor today and confirmed my Christmas present for David. If his play hadn't been optioned, I'd be afraid to tell him. *Detours* just has to be a hit. It's the only way we'll be able to afford a baby.

We went Christmas shopping tonight, not buying anything, just browsing in all the stores, feeling like characters out of Dorothy Parker, imagining what we'll buy next year if the play is a hit.

We were looking at the model rooms at Bloomingdale's when I suddenly saw the perfect room for a child. Before I realized what I was doing, I clutched David's elbow and said that was the room I wanted for our baby. He hugged me and I was so happy thinking he understood, but then he asked with a grin, "You want a house *and* a baby?"

So I had to confess that the house could wait—but the baby couldn't. It would be arriving next summer—whatever happens. David's eyes filled with tears, and suddenly I was terrified of what he would say next.

She had to know me better than that. I ran to the escalator and *(continued)*

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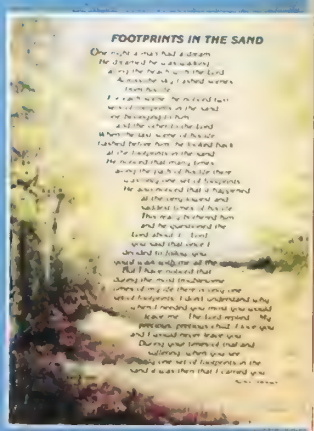
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JOANNA AND DAVID
continued

kept on running down the stairs, pushing people out of my way. When I got to the street, I tried to hail a cab—though I had no idea where I was going. David finally caught up with me on the street. He put his arm around me and steered me into the doorway of a small stationery store, kissing me so passionately I could hardly get my breath. "You idiot," he whispered. "How could you think I would be anything but happy?"

Happy, yes, my darling Joanna. But as terrified as I'd ever been in my life.

I felt as if a hundred pounds of fear had fallen off my back. Whatever happens with the rest of our lives, David and I are going to have a baby—something we had an equal part in creating. My life has finally begun! Joy to the world!

1966 This has been a week that changed our world. David and I were watching the Bolshoi Ballet perform *Swan Lake*. As the dying swan folded her wings, I felt something take flight inside me. I clutched David's hand and told him I thought I was in labor.

We grabbed a taxi to the hospital, where I was quickly admitted. The nurse was very skeptical when I told her I'd taken a natural childbirth class at the YWCA and wanted to stay conscious through the whole experience. She said I could play all the games I wanted till the going got rough.

David's nervousness increased when the nurse left us alone. I suspect he paid no attention the night I made him go to class with me. I'd been reading a lot about how excluded husbands feel during childbirth, and I wanted to make sure he shared the experience. I realize now I should have kissed him at the door and left him in the waiting room to get through it on his own.

The night seemed to go on forever. Finally at dawn, when the doctor said I was still several hours from delivery, I asked for a local anesthetic for myself, and something stronger for David. The nurse gave him a Valium, which put him right to sleep on a couch in the waiting room.

When David woke and realized it was ten A.M., he raced to find our doctor, who explained the baby was not in the right position to be born. If the head didn't drop within the next hour, he would have to do a caesarean. Forty minutes later, when he saw me being wheeled on a bed down the hall, he assumed I was on my way to surgery and rushed to kiss me good-bye. I asked where he'd been—didn't he know he had a beautiful baby daughter waiting to meet him?

No woman ever kept me waiting longer than you did, darling.

We've named the baby Julia—not for anyone we know, but because we like the name. She was brought to me swaddled in a pink blanket, only one arm allowed to be free, her wristband matching her to me. Julia didn't have to be taught why she was there. She nursed eagerly. It hurt a little, but I was so happy she wasn't disappointed in me, I didn't mind.

Except for being away from David, I've loved these days in the hospital, but the doctor says I can go home tomorrow. Hallelujah! The three of us will be together all the time. **End**

Novelist Elizabeth Forsythe Hailey is the best-selling author of A Woman of Independent Means *and* Life Sentences. *She says about her newest novel: "I think I was probably influenced in my choice of form for my new book by my favorite column in* LHJ, *'Can This Marriage Be Saved?' It taught me that each partner in a marriage has a valid point of view—and always deserves to be heard."*



THE PEACE CORPS

continued from page 102

was Dirake who helped Judy get through some difficult weeks when Alan became ill and was hospitalized. Judy was terrified when doctors told her Alan might have dengue fever, a sometimes fatal tropical disease spread by mosquitoes. Fortunately, he turned out to have hepatitis, which was treatable.

But Judy never felt farther from home than when she heard a radio bulletin about the Cuban missile crisis. "We were in a restaurant, and I remember just wanting to get on a plane immediately and fly back. We were afraid that perhaps New York had been bombed, that the crisis would not be resolved and that nuclear weapons would be used. We even worried that our parents were dead and we didn't know it."

The Guskins were also in Thailand when they learned of President Kennedy's assassination. "A Chinese-speaking pharmacist first broke the news to us," Judy recalls. "He didn't speak Thai, we didn't know Chinese, and his English was very limited—we weren't sure he was telling us the right thing. But a friend confirmed the news. We were stunned." Judy and Alan wept openly in the street, and their university colleagues and friends rallied around them, offering sympathy.

After two and a half years in Thailand (they extended their stay by six months), the Guskins returned home, feeling they had accomplished their goals. The graduate program was falling into place, a new bookstore was offering textbooks in Thai, and new teaching methods and curricula were being introduced into the schools, thanks to the student-teachers Judy had trained.

Today, Alan is the president of Antioch University in Ohio, and Judy is a television-producer-in-residence there. Though Thailand is half a world away, Judy has tried to keep her experiences close to her. One of her first projects as a producer was a documentary film about Thai refugees who had come to the States. And she admits that her two daughters "have been brought up on Thai food. I make rice more often than potatoes."

The Guskins have stayed in contact with many of their Thai friends. They are particularly proud of Dirake, who is now a researcher at Chulalongkorn University, and Chaiyong, who is a professor at the Open University in Thailand and runs a multimillion-dollar television studio there.

In the summer of 1983, the couple, with their two teenage daughters, visited Thailand on official business as educators. They met with the king and his daughters and the prime minister. While she was there, Judy made a speech before American college presidents and Thai faculty and students—in Thai. She hadn't used the language much in twenty-five years, but after she brushed up for a week, it came back to her. "I can still think in Thai," Judy says with pride. And of Thailand, the country she had learned to love despite the hardships she faced, she says, "I was so happy there. I won't ever forget it."

Melissa Chesnut

"My house has three windows facing the street, down which herds of zebra have been galloping lately under the full moon. I'm a little afraid to walk around the house now. I catch myself peeking fearfully at dark corners, because a friend of mine wrote and said she walked into her house to confront a black mamba, the most deadly of all deadly snakes in Kenya.

"One night I got up at four-thirty. The moon was still shining bright blue light, and I looked out of the window and saw, not ten feet away, two zebras munching on the grass in *(continued)*

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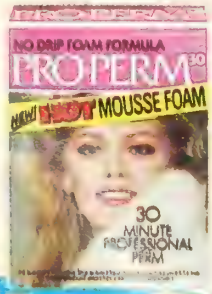
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THE PEACE CORPS
continued

the backyard! They looked ghostly in the moon's light. What a thing to tell my grandchildren. By the time they arrive in this world, the only zebras left may be incarcerated in a zoo."

For Melissa Chesnut, a twenty-five-year-old Peace Corps volunteer who has been in Kenya since 1982, her home in the little village of Wamba and the friends she has made among the villagers—all members of the Samburu tribe, who eke out their living raising cattle—are precious to her. And they are all the more precious because of the challenges she met to win them.

Melissa joined the Peace Corps after graduating from Hamilton College, a small liberal arts school in upstate New York. She left her parents and siblings in Chappaqua, New York, for her Peace Corps training—first in the States, then in Kenya. She mastered Kiswahili and Kimasaii, two languages used by the African tribesmen.

But her biggest challenge was her role in the rural women's extension program. Melissa's job was teaching daily classes for seventy Samburu women, showing them new planting and harvesting methods, good nutrition habits and ways to expand the market for their baskets and beadwork.

As hard as the work is, Melissa finds it rewarding. She remembers one meeting in the neighboring village of Nogogoltim, a four-mile walk from Wamba. "We walked along a fairly wide path, along which were brilliantly colored birds, flowering bushes, lizards and tortoises, and a snake I glimpsed briefly. I can't help reflecting that for such a walk in some parts of the States, people pay an entrance fee."

Melissa thinks of the Samburu people as "warm, spiritual, close to the earth and avid for education to learn how to better their lives." But while the women have accepted Melissa with open arms, some Samburu men have not been so easily won over. They remain suspicious of her and fearful that she will turn their wives away from their chores. Yet when Melissa faced danger for the first time, it was not a threat from the villagers, or even from the wild animals surrounding Wamba.

One Saturday night, Melissa was jolted awake by the sound of glass breaking and a tremendous pounding that shook the house. Terrified, she went into the kitchen to discover that four men from the marauding Morani tribe had broken down her door with boulders and were demanding money. Melissa managed a feeble scream; her voice shaking with fear, she pleaded with them that as a volunteer, she had very little money. Unsheathing a kni the leader threatened to kill her unles she gave him everything she ha Melissa quickly handed him her wat and her radio-cassette player. Then demanded that she sit on the flo while the other three men ransack the house. After what seemed like a interminable time, neighbors, awa ened by the noise of breaking glass a Melissa's scream, came running to th rescue and chased the warriors away.

"It was an upsetting experience, b it has shown me how much people car So many women came to see if I wa truly all right. Some saw me ar started crying; others hugged me Those outpourings of love convince Melissa to stay in Kenya rather tha return to the safety of home.

But what happened next was truly test of Melissa's mettle. One of her clo est friends, Jenny Rubin, had joine the Peace Corps a year after Melissa She, too, had been posted to Africa, i Togo, and the pair had planned t travel the world together before return ing home. But Melissa received a cabl from the Peace Corps with devastatin news: Jenny had been killed in a triba vendetta after she accused a loca woman, rightfully, of stealing. Onc again, Melissa agonized over whethe to return home, as her desperately wor ried parents wanted, or to finish out he three years (she had already applied t extend her stay from two years t three). But Melissa knew that if she lef then, she would never return. And i Jenny's death were to have any mean ing, Melissa felt, she would have t stay to prove her friend's theory tha one person *can* make a difference.

Six months after Jenny's death, Me lissa was able to say, "I believe in what the Peace Corps is doing and, more what it can do." And Melissa has made a difference in Wamba—by starting tree nurseries to curb soil erosion, by organizing poultry projects to provide eggs, by helping to begin irrigation systems that will battle the deadly effects of frequent droughts. She feels fortunate, and enriched by her contact with the Samburu. "I'm a lot more patient now," she says, "and I've learned that energy is universal, something that speaks across cultures."

As the time approaches for Melissa to return to the States, her feelings are mixed. "I find I have sharp if fleeting anxieties about what I'm going to do next and how. I find myself waffling for the first time. . . . I really miss the seasons back home. I want to be in the fall, I want to feel sharp cold and see snow. I've changed, and I hope I've helped make some changes here.

"Don't you think it's high time I came home?"

End

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GIVE TILL IT HURTS

continued from page 99

ıe cause of their own problem. Alison is a good example of the power iver. She would often appear on her eighbor's doorstep with a freshly aked fruitcake, pie or cheesecake. But lison's generosity was for a purpose: hose who benefited were also those ho were willing and able to look after ıings while Alison and her husband ere away or when Alison was off on ɔme solo expedition. "I just realized," er familiar wheedling voice would say ı the telephone, "I have to be away, nd the plumber is coming. Would you ıke my keys and let him in?" Of ɔurse. "I'm over at my mother-in-law's, nd there's just no way I can get back in me to walk the dog. The poor dear will urst. And while you're there, would ɔu open a can of dog food for him? ight on the pantry shelf." All very easonable, very minor favors.

Of course, Alison's neighbors usually elt too obligated to beg off, no matter ow inconvenient the time or the reuest. In this case, giving was an inɜrument of power and control over othɾs. Those who give in order to control an be ingenious, even to the point of ɔnvincing themselves that *they* are ıe victims of the exploitation and inratitude of others. "Just look at all I do ɔr my neighbors and friends! And if I eed a favor once in a while," Alison ould say, "I feel like I have to twist ıeir arms for it."

Alison came to understand herself ırough her experiences in group therpy. The members of her group enjoyed er generosity at first but soon came to esent the controlling quality of her iving. They were able to show Alison ow her friends and neighbors felt. 'hough it was painful for Alison to give p her Lady Bountiful self-image and onfront her manipulative ways, the ecognition of what she was doing was he first step in becoming a genuinely etter person.

Miss Indispensable In contrast to hose who give for the sake of ensuring heir self-esteem or superiority, there re those, like Catherine, whose comulsive giving is deeply rooted in a eed to be loved and wanted. Catherine old us that her mother had battled a endency to depression all her life. When Catherine was four, her mother ave birth to a baby who had a birth efect. The infant died after a few ıonths, and this tragedy deepened her epression. Since Catherine's father requently traveled on business, she vas emotionally neglected.

Catherine fought back gamely gainst the feeling of being unwanted nd unimportant. She learned how to be sensitive to her mother's needs, and she made herself indispensable. She took pride in being mother's little helper, and her greatest joy as a child was to make her mother smile.

Catherine developed into a woman of great charm, successful in both her career and her social life. But underneath her dazzling personality lay a chronic depression. This "sad Catherine" was the little girl within, constantly battling feelings of being unloved.

Catherine looked for the loving mother she needed in a succession of friendships, which were always based on the same model. Each time, she made herself indispensable and appeared to have no needs of her own. Even though she had structured them that way, these friendships soon became burdensome to her. Resentment mounting within her, she grew incredulous at her friends' callousness.

Of course, Catherine was a bright woman, and she could see the possibilities of a more satisfying give-and-take with others. As a little girl, she had had the resourcefulness and ingenuity to make an intolerable situation livable. As an adult, she recognized that the solution that worked in childhood was counterproductive now. Gradually, she made peace with her feelings about her mother and has learned to give for the sake of giving, without believing she will be ignored if she doesn't.

The moral factor

With all this talk about the need for women today to stop giving so much, you might think we were arguing a case for selfishness. Not at all. We are simply suggesting that the only way women can derive satisfaction from giving is by learning to strike a balance between their own needs and the needs of family and friends.

Women are taught that giving to others is right and moral. But it is also right and moral to think of yourself and weigh your needs and desires against those of others. There is no virtue in needless sacrifice. The woman who gives till it hurts and is resentful about it is not a truly generous person. Her underlying motives for giving are probably flawed, and the giving will consequently be flawed.

It is good to be a part of a network of social support. Such ties promote emotional health and physical well-being. What people give each other through family, neighborly or other connections helps them weather the stress of life. Inevitably, there are times when ties to others become a source of, rather than a buffer against, stress. Yet if women can learn to give and not feel weakened by it, they will be truly giving to their families—and themselves. **End**

SEEING YOU CARRY PLANTS IN

BY ROBERT BLY

How much I love you. The night is moist.
The air is still, as when I love you.
It is not every evening that I love you.
I come back like the stars,
sometimes out of clouds.

The night is moist, and nourishing
as your mind
that lets everything around you live.
I saw you carry the plants inside tonight
over the grass, to save them from the cold.

Sometimes I slip behind a door, so that
I will not be called on, or walk
hunched on sandbars below earth, not sure
if anyone in my family can love.

Your voice is water open beneath stars,
collected from abundant rain,
gone to low places.
The night is moist, the ground wet,
air still, trees silent, and tonight
I love you.

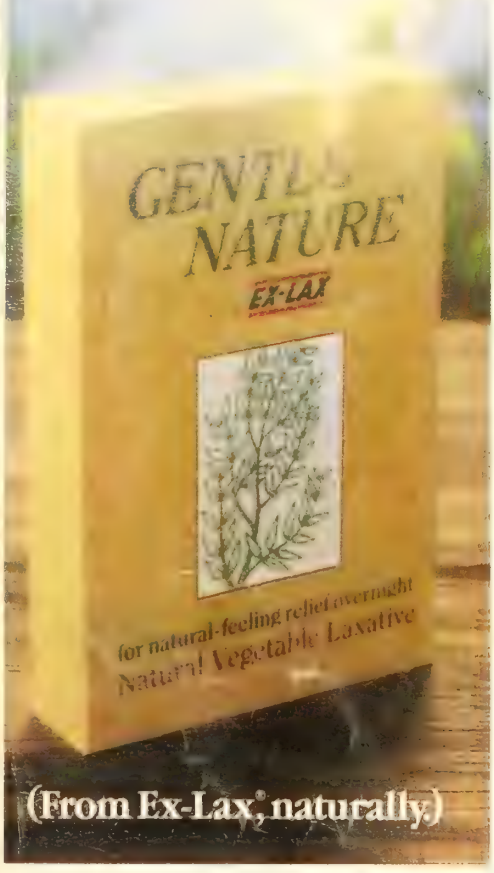
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EASY AS 1-2-3
Page 92: Bowls from Pottery Barn, 231 Tenth Ave., NYC 10011. Flatware by Georg Jensen from Royal Copenhagen, 683 Madison Ave., NYC 10021.
Correction: The photo credit for Easy as 1-2-3 on page 52 of the February issue should be Thom DeSanto.
THE RIGHT THING TO WEAR GUIDE
Page 122: Zoe Coste earrings; Fogal hose; Conran's Champagne glass. On man: After Six tuxedo.
Page 123: Tahari skirt; Fogal hose; Tourneau watch; Napier necklace; Trifari earrings; T. Anthony attaché case. On man: Yves Saint Laurent clothing; Tourneau watch.
Page 124: Bill Schiffer bracelet and earrings; Joan & David shoes; Fogal hose; Calderon belt. Blue dress in background: Adrienne Vittadini.
Page 125: Andre Van Pier pants; Fragments earrings; Glen Yank bracelets. On man: Stanley Blacker clothing.
HOW TO PREVENT WRINKLES
Page 130: Middle: Pillowcase, Trouvaille Française. Nightgown, Lynn LaCava.
Page 131: Bottom right: Earrings, Tonic Creations.
DINNER OF THE DECADE
Pages 140–141: Plates, "Ambassador" pattern, from Baccarat, 55 E. 57th St., NYC 10022. Silverware from James Robinson, Inc., 15 E. 57th St., NYC 10022.
THE MOST ELEGANT TEA
Page 142: Sideboard from Hyde Park Antiques Ltd., 836 Broadway, NYC 10003. Silver basket, sugar shaker and round tray from Vito Giallo Antiques, 966 Madison Ave., NYC 10021. Sterling silver teapot and strainer and square tray from James Robinson, Inc., 15 E. 57th St., NYC 10022.

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MOM WHO WOULDN'T GIVE UP

continued from page 49

in my life made sense anymore."

Marilyn's grief turned into an obsession with finding a program for Debby. In September 1979, she enrolled her daughter in the Life Experience School, where disabled people were given meaningful tasks, such as planning meals and paying bills. A few weeks later, Marilyn and Marty were married in a quiet ceremony. Marilyn dared to hope that things were looking up. But then in April 1980, Debby was dismissed from the school, which didn't have enough staff to deal with her disruptive outbursts.

After the last blow, Marilyn realized that it was time to take action. On Sunday, April 20, 1980, thirteen people—doctors and psychologists and other parents of children with head injuries—gathered in the Spivacks' living room. They decided to start an organization that would make the public aware of head injuries, provide a clearinghouse for information, develop support groups for families and most important, establish rehabilitation programs. They called themselves the National Head Injury Foundation.

During this meeting, Marilyn asked one of the mothers about the program her son attended at Perkins School for the Blind, in nearby Watertown. Perkins offered behavior modification and taught students skills for daily life.

The next day, Marilyn went to Perkins and asked them to accept Debby even though she wasn't blind. "When Perkins agreed to take her, I could have given up the idea of starting an organization," Marilyn says. "But something kept driving me on—maybe it was fear that she wouldn't last there either."

During the summer, the National Head Injury Foundation became a nonprofit corporation, and eventually, chapters were formed in other states. But because head injury was not recognized by the government as a disability, head-injury patients were not receiving the rehabilitation they needed and there was no funding for head-injury programs. Marilyn went to the director of the Massachusetts Rehabilitation Commission, Elmer Bartels, for help. When he learned of the enormousness of the problem—700,000 head injuries a year, 100,000 deaths, and 50,000 left severely impaired as Debby is—Bartels urged Marilyn to go to Washington.

Soon Marilyn and Marty began testifying before congressional committees. And while Marty handled the organizational details for the foundation, Marilyn traversed the country, giving speeches and meeting with families.

Meanwhile, things were looking brighter for twenty-two-year-old Debby. In February 1982, she was admitted to Ranchos Los Amigos Medical Center in Downey, California, for an operation on her right leg, which enabled her to walk better. During this time Lisa had gotten engaged, and Debby was released in time to walk down a garden path as Lisa's maid of honor.

Today, the Spivacks are still the motivating force behind the foundation. Debby lives and works in a program designed specifically for people with head injuries at High Watch Center in Center Ossipee, New Hampshire. It is one of the more than three hundred programs developed as a result of the foundation's advocacy.

But the new programs are not enough to handle the growing numbers of young adults whose minds and bodies are shattered each year, and more money is needed. The federal government has only begun to recognize head injury as a disability. And more research is needed to unlock the mysteries of the brain.

"Head injuries are a societal epidemic caused by risk, speed and alcohol—and young people who believe they are indestructible," Marilyn says. "I've met parents all over the country and their stories are the same as ours."

But although Debby has had a long, hard journey, she has progressed into an attractive woman. She can walk, albeit with a stiff gait, and she has regained some use of her right arm. Marilyn says that Debby enjoys working in the kitchen and can even prepare a simple meal. Usually the last one to retire at night when she's home, she can turn out the lights and put herself to bed.

If you were to talk to Debby, she would tell you about herself: "Car accident. Brain damage. So sad. So sad." During conversation, she might lose her train of thought or be unable to summon the word she wants. She will never be able to read anything but the briefest documents, nor will she be an independent wage earner. Debby often looks at old pictures of herself and talks about her past activities. "Debby piano," she might say. And although she has finally come to grips with this new person she has become, Debby still has moments of great sadness for all the things she will never be.

"But there is quality to Debby's life," Marilyn says. "She has friends and she participates in life. She will never achieve all the things we originally hoped for her, but Debby likes people and people like her. She gets love and gives love. If that isn't quality, I don't know what is." **End**

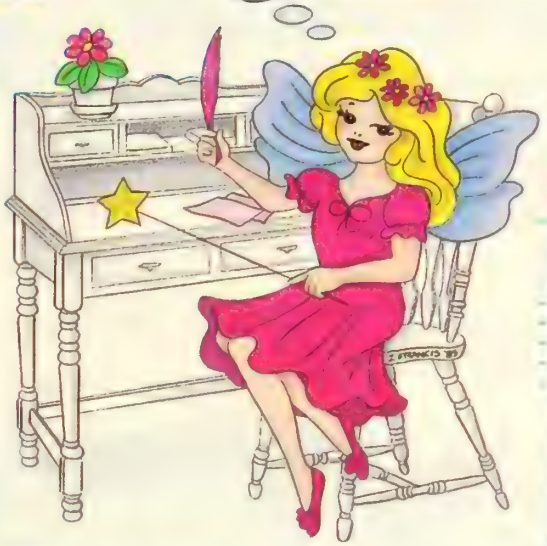
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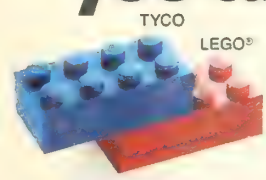
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LEE IACOCCA

continued from page 36

give his approval when it's their turn to tie the knot?

"Well, I'll be suspicious of anybody they go with," he admits. "When I was going out in high school and college, I was a bit of a rake. So I now look with a jaundiced eye on whomever my kids are seeing. I'm no matchmaker in terms of the guys they pick, though if they drag home some deadbeat who's selling cocaine, then I'll take a hand in it. But if a guy's just not good-looking or not the right religion or he doesn't have enough money, I won't say anything.

"I had a few problems with my daughters when they were growing up," he continues. "They're both smart, but Lia had trouble getting through a couple of grades because she never applied herself. I had to get tough with her. I had to tell her you have to put something into life to get something out. She's improved, but we had difficult moments. I didn't bang either of them over the head or anything. I wanted to a couple of times, but I never did."

In addition to being a concerned father, Iacocca is close to his mother, eighty-one-year-old Antoenettia Iacocca. But how would he rate himself as a husband? "Looking back, I think I was pretty good," he says. "I think I carved out enough time for Mary. At least I *think* so. You always have residual thoughts like, Why couldn't I have taken just a little more time? But what's enough time? I don't know . . . there are periods of your life when you think maybe you could have done better. There's always guilt, remorse, the hobgoblin time. It comes out when you go through widowhood, and it always stays there under the surface.

"The passage of years heals those rough spots a little bit," he says. "But you never get normal. That's why there are priests and psychiatrists to help you get your mind straightened out. Hell, there are no answers. If I knew them, I'd be God."

Smoking Lee out

He puffs a cigar. Sometimes it's lit, sometimes not. Sometimes he chews it. Sometimes he relights it. Either way, he's polite about smoking. When a woman enters the room, he stands, greets her and says, "Hope you don't mind the cigar." But the statement is rhetorical since he's been enjoying the fat Monte Cristo for an hour.

He already has a company jet, a three-room corporate suite in New York and an unlimited expense account, so what does he do with the approximately $5 million in income he gets yearly?

"Well (puff, puff), I don't make that much," he says. "With bonuses, maybe make a million a year. But I've worked hard for a lot of years, and now I've started to cash in my stock rights. So I'm getting four million a year from my stocks. I pay two million in taxes and invest the other two million for my kids. I buy municipal bonds and a little property here and there. Somebody else manages it because I'm up to my ears in work. I just hope that whatever they're doing with it, they're making it grow."

Lee Iacocca has done quite a bit of growing himself throughout his career. He was president of Ford Motor Company and takes credit for the development of the Mustang, the best-selling car in auto history. He was then booted out by the boss, Henry Ford II, amid bad feelings and big headlines. He later became top man at Chrysler, a company that was hemorrhaging to death before he saved it. He appeared before Congress to plead for a federal bailout for the company. He has been on TV hyping his cars. He has been in the news pushing his autobiography. He

is crisscrossed the United States anning the Statue of Liberty's hun-edth-birthday gala this July 4.

Iacocca has done it all. But ask him nat the happiest time in his life was, id the question throws him for a mo-ent. Brown eyes blink behind avi-or glasses for one of those millisecond ats. "My zenith of happiness was in y teens, as a kid scratching," he con-les. "The most wonderful moments re achieving in school, making the an's list, being first in my class or mpaigning for class president and en making it. That's exhilarating for kid. Jeez, I had one helluva time in nior high and high school.

"That was prior to World War II—the l swing era. In our neighborhood, ev-yone knew everyone. Everyone isted everyone. We left doors open. e wandered in and out of the other y's house. Nobody was affluent. You rned on your radio, and the house at had the Philco with the clearest und was where everyone gathered. It is one big happy family."

Iacocca remembers his first job after orld War II, when he was hired as a ident engineer by Ford. "I thought I uld do no wrong. Today, the yuppies ly care about buying their first con-rtible. With me, when I went into the siness world, my great moment was nen I got my first office. My first title. y first bonus. I'll never forget how I is looking to make ten thousand a ar, and when I finally did, I thought, y God, I'm rich.

"And then I got older, got married, id children, learned responsibility. I gan to wonder when the good times ould come again. I could no longer ve that selfish, freewheeling, don't-ve-a-damn attitude."

Responsibility is a big point with cocca. And he doesn't see it much to-y. "The yuppies say, 'We've got ca-ers. We've got to wait until we're very uch older to marry,' " he says. "If at's the attitude, they'll never marry. ney'll never have kids. With them it's I can't have all the material things life *now*, then the hell with taking . a wife and kids.' I say, screw that!"

Puff puff on the cigar. "Listen. Some my executives are twenty years unger than I. They're saying the me things, wearing the same suits, id I think, God, I've heard it all. I feel ce a priest at confession. Nothin' ever anges. And you have to watch it, be-use you get cynical. Undiplomatic. ou get tough with people. You've got be careful about that."

This six-foot-one-inch, 194-pound ghter is no pussycat. Slow starters no can't rev up into overdrive just n't make it with Iacocca. "I'm a ruth-ss commander . . . a simple-minded tyrant who wants my guys either to come up with results or take a pow-der," he admits. "You don't get some-thing for nothing. There's no free lunch."

Iacocca for president?

Sometimes he sounds a bit like an im-passioned presidential candidate—and there's been talk about Iacocca in that context recently. Is he interested in making a run for the White House?

"Naaaah. I'd enjoy it. I sure as hell could do it. But it's a fantasy. I have no stomach for it. I haven't got the temper-ament either. I'd be a lousy politician. I'd last three days. I can make speeches, glad-hand, fix up the econ-omy, but my way would be to shove everyone into a room and knock heads. You can't do that if you're president."

Whether he wants the job or not, it's clear the subject delights him. He gives a happy laugh, followed by a slightly longer shake of the cigar ash. "I don't have the energy for another climb," he maintains. "After thirty-two years with Ford and then this big push with Chrysler, I'm tired."

No one can even be sure what party he belongs to. He says he was a Demo-crat when he was poor but became a Republican when he got rich. Now, "I guess I'm a Democrat again."

House Speaker Tip O'Neill considers him one of the top contenders for the 1988 Democratic nomination. Tell that to Lee, and he'll suck on his cigar. He'll roll it in his mouth a bit, then relight it. He'll smile. He'll draw deeply. He'll say, "Look, I'm a money-grubbing, en-trepreneurial, aggressive son of a bitch. All I want now is to live out my days and get off this high profile."

He peers at you head-on. You know he doesn't mean what he's just said. He knows you know he doesn't mean it. Give him an "oh, c'mon, Lee," and he says, "I know people say I could never drop out of sight like that, that I've got to keep climbing mountains. I say they're crazy. I've been sprinting down the fast track for a long time. I haven't got the patience to be president. I'd have us at war in five seconds. I'm not tactful, and as I grow older I get even more crotchety."

In fact, he's been known to say a few unkind words about people he doesn't like. One of those people is Henry Ford, the man who fired him from his last job. "What I should have done was hit him in the mouth. . . . But I'm at a point now where I can afford to be charitable. I love everybody. Almost."

Hard to criticize

Many people take jabs at Iacocca, but nobody zaps him. There are *(continued)*



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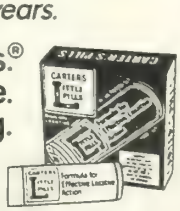
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LEE IACOCCA
continued

those who call him hot-tempered, an ambitious workaholic, those who call him The Iacocca. But they're only taking little bites. It isn't easy to really knock this generation's Horatio Alger hero.

No one questions his expertise. When the subject is cars, the man is in the driver's seat. One of his favorite subjects: the importance of women to the industry. "We have special committees that tell us what women want. For instance, we now know women want safety features and they're tired of vanity mirrors on the passenger's side. They're saying, 'What's the woman driver supposed to do? Hop over to the passenger's seat to put on her makeup?' So I said to my guys, 'The women are right. What the hell are we doing?'"

He's unswerving in his disapproval of dealers who treat women shabbily. "Nothing irritates me more than to hear that women buyers are demeaned, that it's as though they're told, 'This is a ten-grand car. Where are you going to get that kind of money? Bring your husband in.' No chairman of the board goes heavier on this than I do."

Iacocca is a natural-born salesman, not only by profession but by instinct. He knows how to pitch, whether it's his cars on TV or himself in an interview.

While you're sizing him up, he's simultaneously taking your measure. He can smell when he's made the sale, when he's got you. There's some invisible test that you either pass or fail. When he decides you've passed it and he can trust you, he'll relax a little. He lets you enter a nonprofessional, nonindustrial, nonautomotive personal zone. He'll even give you his opinion on beautiful women.

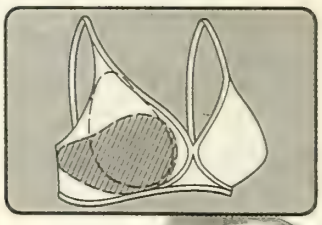
"Linda Evans is beautiful," he offers. "Linda Gray's pretty, too. She's full of life. Y'know, until you see them in person, though, you can't tell anything. When I first saw Raquel Welch, I almost dropped dead. I always thought she was statuesque. When I saw her I couldn't believe she was so short.

"It's like when people see me in person, they say, 'Hey, this really can't be you. You're supposed to be a little guy.'" Iacocca smiles broadly. "A *little* guy? When did that happen? I mean, that really ticks me off. When did I become small? Must be when you're in a commercial with a big car you look shrimpy in comparison.

"That's the first thing people say to me—that I'm taller in person than on TV. Finally, after years of this, I'm used to people expecting me to be little. Now when they say that, I have an answer for them. I say, 'I just had a big meal, and I'm a fast grower.'" **End**

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By Sheryl Kraft



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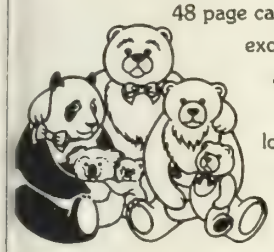
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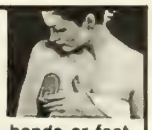
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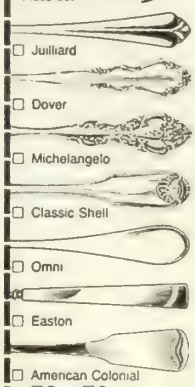
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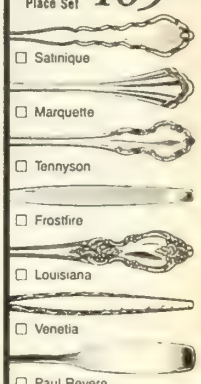
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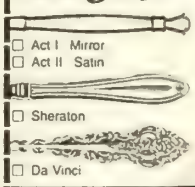
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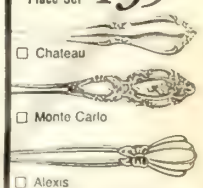
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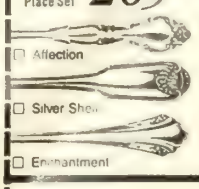
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- The metric system
- Why Michael Jackson has dropped out

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- How to remove Do Not Remove tags from sofa cushions without ripping the cushions
- How to get the brush cartridge off my vacuum cleaner (and how to put it back on again)
- Why batteries come in packs of two or four when appliances call for one or three
- If it's too late to start lying about my age

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—Marge O'Harra

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—Pearl Greenfield, St. Louis, MO

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—Jane Newkirk, Clifton Forge, VA

My four-year-old daughter told me that her friend had a swimming pool in her car. When I insisted that it was just not possible, she said, "But, Mom, she said she has a carpool!"
—Linda Bain, Houston, TX"

FOR BETTER OR FOR WORSE **By Lynn Johnston**



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ADIES' HOME JOURNAL
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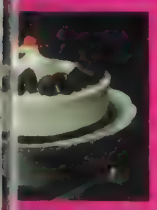
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EDITOR'S JOURNAL

LHJ TO THE RESCUE

By Myrna Blyth





Spider Martin/Black Star

Mildred B. Acray, above, wrote us about the plight of her son's family, left

Letters, we get letters—and naturally we read and respond to every one. Bu I received a letter recently that I felt I had to share with you. Mildred A Acray, of Gadsen, Alabama, wrote me to say, "I have been a reader of th *Journal* for twenty-five years. However, if your January '86 issue had bee the only copy I received, it would be worth the price of the subscriptions fo all those years. Let me tell you why. My son Coleman and his family move into a new house in October. In mid-December, when it started to get cold, his wif Libby, began to have headaches. Their son, Patrick, a usually active four-year-old became lethargic and nauseated, which seemed to be a stomach virus. Jennifer, six had trouble getting going before school in the morning.

"On Tuesday night, December 17, I read my *Journal*, including Barbara Farlie's *Woman Today* story about the family with the defective furnace. I called Colema and Libby and insisted they have the gas company check their furnace. The me came the next day, and, yes, there was a crack in the combustion chamber, and the were suffering from the effects of carbon monoxide. The furnace was cut off, and th family came to stay with me. Soon everyone was feeling fine again.

"Thank God for that story. Otherwise our 1985 Christmas could have been tragi instead of joyful. We call it our Christmas miracle, and you helped bring it about.

Thank you, Mrs. Acray, for sharing your story with me.

Another letter that week was from Mark White, the governor of Texas. He wrote t us about another feature in our January issue: "I commend your efforts and those o your staff for the excellent article 'The Kids Nobody Loves.' This publication i significant in that it heightens awareness of a critical national concern. . . . I salut you for bringing this issue to the attention of the American public."

Thank you, Governor White. All I can say is that at the *Journal* we are proud t publish important features on the social issues of today. We are also proud that w are of *real* service to our readers. Mrs. Acray, please hug Jennifer and Patrick for me

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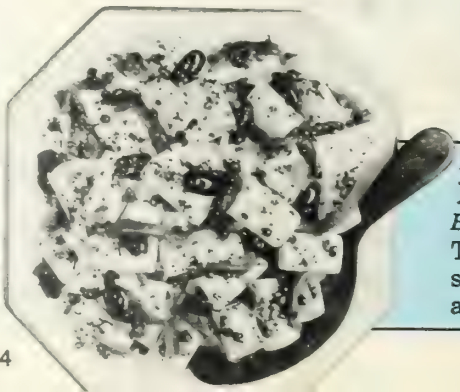
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"HE'S A SUPER DAD, BUT AN AWFUL HUSBAND"

Jeannie yearned for attention, but her daughters were getting it all. What happens when the kids always come first? By Jane Marks



This case is based on information from the files of Canarsie Mental Health Clinic, a division of Brooklyn Psychiatric Centers, in Brooklyn, New York, a nonprofit organization funded by voluntary contributions. The true story reported here is from interviews, though names and other details have been altered to conceal identities. The counselor in this month's case was Esther Rosenthal, M.S.W., A.C.S.W.

JEANNIE'S TURN

"I have friends who complain that their husbands don't spend enough time with their kids," said Jeannie, thirty-nine, a small, fine-featured woman with long honey-colored hair. "But with us, it's just the opposite! Kim, fifteen, and Sally, almost fourteen, monopolize Bob's attention. It's as if I don't even exist. Lately, we're either fighting all the time about the girls or we're simply not speaking to each other at all.

"Bob was always the most loving, giving person. We met on a ski slope seventeen years ago—I had careened off course, landed in a snowbank and badly twisted my ankle. Bob, who had been skiing right behind me, raced over to help. We started dating after that, and before long, I had fallen madly in love.

"Bob is nine years older than I, a professional singer whose voice you hear on many radio and TV commercials. I had never met anyone so fascinating; he introduced me to music, poetry, foreign films—being with him was so stimulating, I was miserable when we were apart.

"Even though I was very busy with classes—I had almost completed my MBA in accounting—Bob and I still managed to see each other often. One night, after he picked me up at the library, we stopped for a snack at a McDonald's close to campus. When I opened my Big Mac container, I found a beautiful diamond ring inside!

"We were married the following summer. From my side only my parents and grandmother attended the wedding, but Bob had dozens of sisters and brothers, cousins and nieces, all joking around with him. Bob's parents had been poor, and his father was often away searching for work. But obviously, those kids had formed their own close-knit family.

"My own father was a lawyer—a true workaholic who used to stay at his office well past eleven o'clock every night. And my mother, always in the kitchen or busy with something around the house, never seemed to welcome my help or even my company. Usually she'd tell me brusquely, 'Go study.'

"So I did; I worked hard throughout school, and Bob was one of the first men I had dated who seemed to understand my commitment to my work. After we were married, we moved into a small apartment near campus, and for the first few months, our life was just as I had envisioned. The only sore point was that I never really felt a part of Bob's family, and I suppose I resented the fact that they all felt free to call on him for just about everything. Being second place in Bob's life hurt a lot, but whenever I felt bad, I simply buried myself in my work.

"We had been married a little more than two years when I discovered I was pregnant. Bob was thrilled, and though I was a bit nervous, I felt very grown-up and important as a mother-to-be.

"I wanted so much to be a good mother, but I have to admit that when the baby arrived, it was Bob, not I, who turned into Super Parent. In fact, I felt inadequate. I adored Kim, but by that time I had completed my master's and started my career as an associate at one of the Big Eight accounting firms in the city—a dream job. When I got home from the office each day—usually around seven o'clock—I was often so tired I could barely see straight.



"When Sally was born, though, the pressure at work really escalated. I was all the more grateful that Bob was such a terrific father. In fact, over the years Bob was always there to fill in the blanks, introducing the girls to all sorts of exciting activities, just as he had done for me years before.

"The problem is, it's simply gone too far. Now that I've reached a level of achievement at work that allows me to take a breather, I see that Bob is too indulgent—to the point of not disciplining the girls at all. And quite frankly, when I look at my two girls—trying to dress like Madonna with their teased hair, barely-there midriff tops and tight skirts—I'm terrified they're turning into wild tramps.

"Even their fascination with music, which initially pleased me, has gotten way out of hand. They are positively *addicted* to MTV—they do their homework in front of the set and venture downstairs only to eat. When I tell Bob I'm afraid the girls' grades will start slipping, he either dismisses my comments quickly or else tells me that they're just going through a harmless stage so I should quit worrying.

"Last year, Kim and Sally kept hounding us for their own television. Without consulting me, Bob went out, bought them their own set for Christmas, and even hooked up the cable in their room! I was livid and demanded that the girls at least assume more chores around the house to earn their new privilege. Bob finally agreed to that—but of course, my efforts turned out to be a farce. *(continued)*

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CAN THIS MARRIAGE BE SAVED? *"I love my wife. But does that mean I can't be a good parent, too?"*



continued

"The Prince concert last year was the nal straw for me. The girls had egged to attend, but I had heard lenty of reports that it was going to be very wild scene.

"Instead of taking my no as their nal answer, they called Bob at the re-ording studio and asked him. You'd hink he'd have backed me up on some-hing so important, but no, Bob actu-lly stopped off at the box office on his ay home, found out the concert was old out, and paid scalpers $100 each or three tickets, volunteering to take he girls himself.

"I don't want to have to compete with he girls for Bob's attention. Last veek, when I suggested we go for a lrive after dinner—just the two of us—ie said, 'Great idea.' But, when we told he girls we were going out, and Sally isked if she could go, too, Bob said yes. Doesn't he enjoy being alone with me at ill anymore?

"Right now, I don't know what to do. I lon't want my children to think I'm an ogre, but I also don't want them to grow ip to be self-centered and spoiled.

"I've actually thought of packing up ind moving out with the girls—my vork load is much more manageable iow, and perhaps that's the only way to get my daughters back on track."

BOB'S TURN

"With Jeannie, I always feel as if I'm between a rock and a hard place," said Bob, forty-eight, a tall, rugged-looking man with warm blue eyes. "I've loved Jeannie since the day I yanked her out of that snowbank, but I can't seem to get that through her head. And just because I want to give my kids the best of everything, she thinks that my feel-ings for her have changed.

"Jeannie is right about one thing, though—lately I really don't enjoy being with her. Her constant complain-ing about Kim and Sally and her insist-ence that I'm a bad parent because I don't discipline the kids enough are driving me nuts. I know we must come to some agreement about the girls, but as far as I'm concerned, she is much too tough on them.

"One day Jeannie will go on a ram-page because the girls haven't cleaned up their room as they had promised; the next day she'll complain about the way they dress. For Pete's sake, has she opened her eyes lately? *All* the kids dress like that—and besides, before you know it, they'll be into something else. Has it been so long since Jeannie was young herself?

"Jeannie has been getting so uptight, I often feel I have to protect the kids from her martial law. I just don't think our kids are that irresponsible. But Jeannie can't let up on this discipline bit. She still complains—constantly, I might add—about the television I bought Kim and Sally last year.

"What more can I say about that darned TV set? Kim and Sally are smart kids, and they continue to bring home good report cards. Jeannie thinks they spend all their time glued to the TV—I know they don't! She's not home as much as I am. What's more, she in-sisted the girls practically scrub floors like Cinderella to earn their television. Jeannie told me that her folks were never very warm or giving when she was a kid. If that's true, you'd think she'd bend over backward to be just the opposite with her own daughters.

"My dad disappointed me so many times, I swore I would never be that way to my own kids. I want to be there for my children in every sense. Isn't that how a mature, loving parent should be? Parents have got to give of themselves. So what if Sally comes for a ride with us; after all, Jeannie and I can talk anytime.

"I think Jeannie's the one who's been acting self-centered lately. In fact, she has always had a tendency to want things her own way. When we met, she was very perky and charming—but only as long as she had my undivided attention. If a niece or cousin called, for example, and asked me to do some-thing, Jeannie would immediately be-come clingy and wistful.

"I think that's what's happening now, too. Of course, we have wonderful times together, and if we lived on some desert island, we could spend every second alone. But we don't, and I can't under-stand why Jeannie doesn't understand. I love my wife, and I want to be a good husband. But does that mean I can't be a good parent, too?"

THE COUNSELOR'S TURN

"Bob and Jeannie were caught in a vicious circle," the counselor said. "The more Jeannie said no to Kim and Sally, the more Bob said yes—and the girls were taking full advantage of the situa-tion. This was happening in part be-cause Jeannie was jealous of her chil-dren—a common feeling for a woman with very low self-esteem—but other factors were aggravating the situation, among them, Bob's failure to recognize that he was not giving his wife the emo-tional support she needed and unques-tionably deserved.

"Our first task in counseling was to help Jeannie and Bob come to some agreement about the raising of their children. During one of our first ses-sions, I pointed out to Bob that, while it was normal for mother-daughter con-flicts to arise when a daughter reaches puberty, he was actually intensifying the battles each time he stepped in the middle. By doing so, he reduced Jean-nie's status from parent to one of the girls. I stressed the need for Jeannie and Bob to discuss all potential con-flicts in private and to agree to back each other up in front of the children.

"Bob was surprised at first, then curi-ously relieved, when I told him it wasn't his job to defend and rescue his daughters from Jeannie and that he could well afford to give more to Jean-nie without taking away anything im-portant from his children.

"Bob insisted that any tendency he had to overindulge the girls was in re-sponse to Jeannie's rigidity, but I asked him to take a look at factors in his background that might also account for his attitudes and behavior.

"For example, Bob had come from a large and affectionate family, but while there were lots of children to play with, he had always felt a keen and secret sense of deprivation because his father was never there for him. Bob vowed to treat his children differently, a plan that made it difficult for him to see Jeannie, or himself, for that matter, as having any legitimate emotional or psychological needs. It took him a while to truly understand that adults have emotional needs . . . that both he and Jeannie had a right to set some priorities that had nothing to do with the girls.

"When Bob finally realized this, he was ready to work with Jeannie to create some rules that would make both of them feel comfortable as par-ents. First, when a problem arose with one of the girls, I suggested to Jeannie that she say, 'Why don't you ask your father?' instead of automatically saying no. That way, Bob would see just how often, and to what extent, the girls were making demands, and he would then have to use his *(continued on page 22)*



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judgment about setting rules. What's more, Jeannie wouldn't always be the bad guy.

"Much to Jeannie's surprise and relief, Bob agreed to set some limits on the amount of television the girls could watch. Together, they decided to allow one and a half hours of television—either MTV or some other program—each weekday night, but only after the girls had completed their homework assignments. They both informed Kim and Sally of the new rules, and predictably, there *was* a fuss. However, once the girls realized that both Bob and Jeannie were standing firm on the matter, their rebellion became more muted and, sooner than Bob and Jeannie would have imagined, ceased entirely.

"Our next step was to take a closer look at Jeannie's problems. For an adult, Jeannie was a very emotionally needy person. Her parents had been so cold and rejecting that she had grown up with an almost insatiable longing to be loved. She married Bob, an older man who seemed like a wonderful caretaker—and he was, but not to her. As a result, Jeannie panicked when her daughters, in adolescence, began to fight her on many fronts.

"I told Jeannie that it was essential for her to start sharing time with Kim and Sally, to juggle her work schedule so she could plan special activities with them. Even if the planned activity didn't seem to be going well, Jeannie was not to retreat into work.

"I also thought it would be helpful to see Kim and Sally, and the four sessions we had were indeed productive. I invited them to look at their mother as a person—one who had not been treated very lovingly herself as a child but who loved her daughters greatly and wanted their love.

"The results of these simple steps were very positive. Within several weeks, Jeannie told me she and the girls actually looked forward to being together. Jeannie was also pleased that Kim and Sally seemed more willing to listen to her and not so quick to run to Bob for everything. Though Jeannie is still not delighted with their current style of dress, it is easier for her to relax because she is happier with herself and more confident in her relationship with Bob as well as the girls.

"Bob and Jeannie stopped coming to counseling sessions about four months ago, but we still speak occasionally by phone. Jeannie recently called to tell me that she and Bob had planned a week's vacation out West to go skiing: 'And this time, I know I'm on course,' she said with a laugh." **End**

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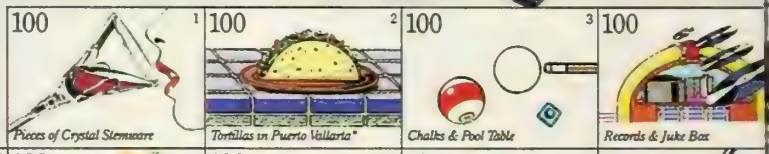
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Benson & Hedges

America's Favorite 100 Sweepstakes





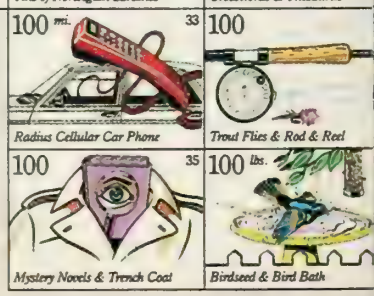






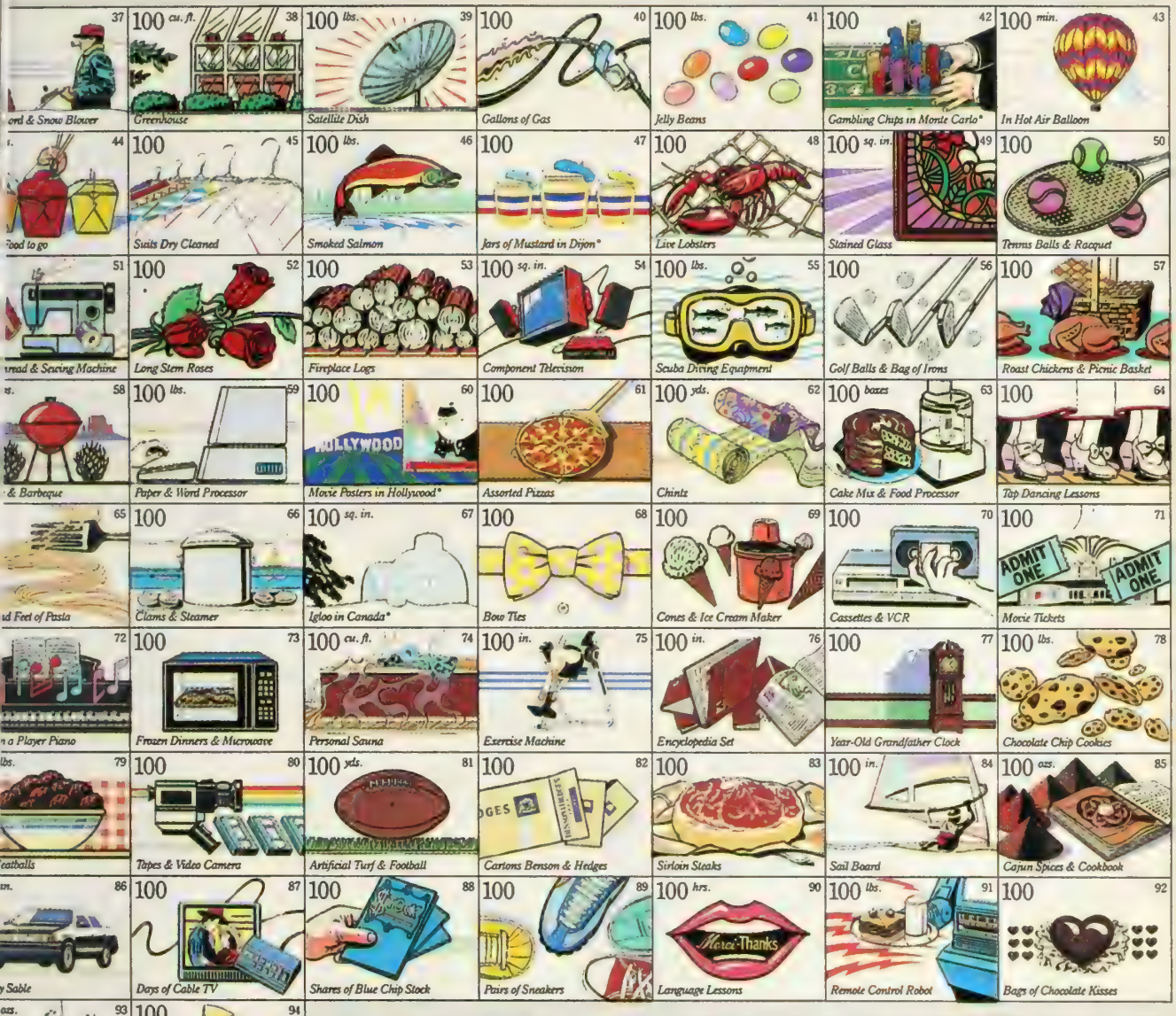
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2. Hand print your name, address and zip code on your entry, include with it the bottom panels from two packs of Benson & Hedges 100's, Benson & Hedges Lights or Benson & Hedges Deluxe Ultra Lights, Regular or Menthol, or the words "BENSON & HEDGES 100 SWEEPSTAKES" hand printed on a plain piece of paper.

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4. IMPORTANT: You must write the number of the sweepstakes you are entering on the outside of the envelope, in the lower left-hand corner.

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"I DON'T USE DRUGS ANYMORE"

For me, getting high had never been a big deal, but suddenly I had to change my habits—and my beliefs. By F. Milene Henley

"Want some 'shrooms?" A college friend, during a football game at our alma mater, was offering my husband and me some psychedelic mushrooms. Their active ingredient, psilocybin, is a natural substance with effects similar to those of the synthetic drug LSD, only less potent and of shorter duration.

"Great!" my husband, George, responded, as Jimmy pulled from his jacket pocket a sandwich bag full of the dried mushrooms.

I would have said yes as well, except for one troublesome thought. George and I had been trying to conceive for several months. Now my period was late, and I might, just might be . . .

"Want some?" Jimmy asked, turning in my direction.

I'm not pregnant, I decided, feeling irritable. This isn't the first time I've thought I might be. And I'm not going to miss out on a good time, just to be disappointed again.

"Sure." Taking half a dozen mushrooms from his bag, I picked up my beer to wash down the bitter taste.

After that, I don't remember whom we played, what the score was or who won, but the game was great. Everything was funny, and I was deliriously happy. Although every now and then a nagging worry intruded on my fun, the drug won out. I had a great time.

The following Tuesday I learned I was pregnant. For the next seven months, that football game haunted me. I didn't know if psilocybin could hurt my baby, and I was too ashamed and frightened to ask.

I was lucky and gave birth to a big, beautiful, healthy baby girl. But that experience made me start to think about drugs and my life in a new way.

I was a child of the drug culture. When I was in college in the early seventies, many students used drugs: marijuana, hashish, mushrooms—maybe even a little cocaine. There was plenty of harder stuff around, but the "good kids"—like me—didn't use it.

Today, I am a parent of the drug age. Drugs are no longer in vogue the way they were a decade ago. Yet paradoxically, they are more common. Middle-aged professionals are as likely to serve them at parties as are teenage rebels. High school students have as much opportunity as college students to buy them. Drugs have become an integral if undesirable part of our culture.

Why did I start using drugs? The easy answers are not the right ones. Peer pressure is something parents worry a lot about these days. But I was never pressured to use drugs. Although many of my friends used drugs, many did not. Even in high school the two groups coexisted peacefully. So the choice was all mine.

Boredom had a lot to do with it. During the summer between high school and college, I worked days, and in the evenings, I killed time with a group of six or eight friends. Sometimes we went to a playground and horsed around on the swings and slides. Sometimes we went to X-rated movies and pretended we weren't embarrassed. Often, when the muggy Southern nights had sapped our energies, we just sat in a circle in someone's front yard, discussed politics, career options and curfews—and smoked marijuana.

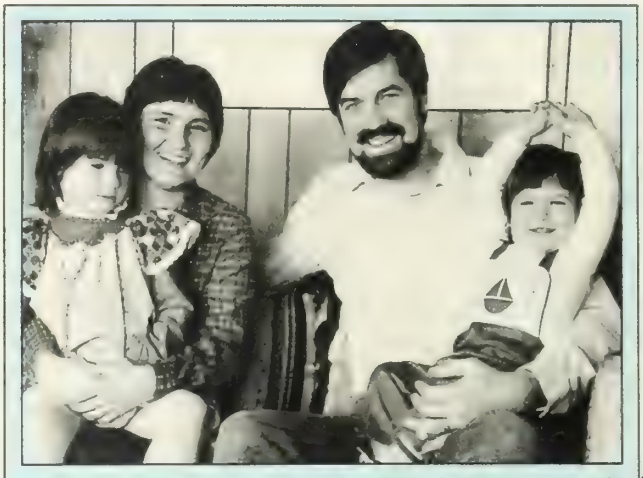
I wasn't a bad kid. I wasn't really a kid at all. Not quite a child and not quite an adult, I trod a thin line between staying in the nest and flying away from it. For me, using drugs was both a way to rebel and an escape from my own uncertainty.

Life was easier in college. Being away from home, I had less to rebel against. But there was also less resistance to using drugs. They were more accessible, and their use more widespread. For the first time, I ventured beyond marijuana. No longer rebelling, I used drugs because they made me feel relaxed—and because all my friends used them, too.

By the time I entered graduate school, drug use seemed quite the norm. At almost every party, marijuana was served along with beer. I smoked pot with teachers as well as with fellow students.

My friends and I even smoked marijuana while riding in cars. Occasionally, while we were passing a joint, we would drive by police cars. At first I was scared that we would be caught, but I soon learned not to worry. From what I had seen—the relative openness about drugs and the lack of action taken by authorities—I was convinced that drug enforcement was a low priority in most university communities, including my own.

This openness toward using drugs extended to school activities and sports. Joints were passed nonchalantly at football games. I never thought anything of this until I heard *(continued)*



F. Milene Henley and her husband, George, with their daughters, Sara Grace (left) and Carrie.

Alan Ross





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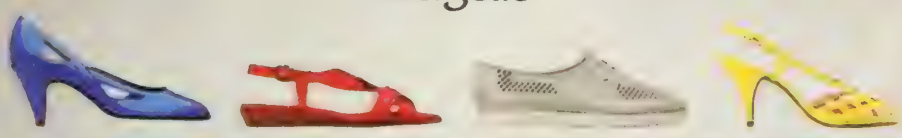
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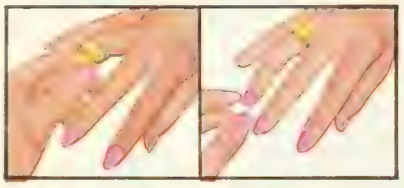
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a mother sitting behind me mutter, "Don't they know there are children here?" That was the only time I felt uncomfortable with what I was doing.

I met my husband in graduate school. His drug experience was similar to mine, and more than one joint passed between us during our courtship. We graduated, we married, we bought a house. We kept our stash box—our supply of marijuana—in the nightstand next to our bed.

Over time, drugs became a smaller part of our lives. We were busy. We began to enjoy gardening, cooking and even wallpapering more than getting high. Money was another consideration. A mortgage, car payments and educational loans didn't leave a lot of disposable income, and going out to dinner was more attractive than sitting at home watching the room spin. But we hadn't decided not to use drugs.

When I discovered I was pregnant, I gave up all recreational drugs as well as alcohol and caffeine. Because of my fears about the drugs I had taken at the football game, I wanted to give my baby every chance. My husband, since he didn't have to worry about affecting the health of our unborn child as I did, still used drugs occasionally.

After Sara Grace was born, I didn't use any more drugs until I'd stopped nursing. I took the same precautions with our second daughter, Carrie. After that, I resumed occasional drug use with my husband. I enjoyed the way drugs relaxed me, and I wasn't yet ready to give them up for good. Since we generally used drugs only at parties, we thought of them as just another social activity. But as I watched my daughters grow, I began to have doubts about what I was doing.

I kept telling myself I wasn't an addict. The drugs I used, in the quantities I used them, were not addictive. But the danger of abuse was always present. Not only that, these drugs were also illegal, and that set them outside the social structure in which I wanted to raise my children. Buying illegal drugs was a crime. It was hard to see myself as a criminal, but what about the person who sold me the drugs? What about the person who supplied him? What about the organization that brought them into the country?

I was still sorting out these issues when, about two years ago, we went to the home of some friends—I'll call them John and Mary—for dinner. After dinner, Sara Grace, then aged three, went to play with John and Mary's sons, aged four and five, in the family room, while Carrie, six months, slept. As soon as the kids left, John pulled o a joint, lit it and started passing among the adults still sitting in t dining room.

I was immediately uncomfortable. A three, Sara Grace was just beginning recognize and make judgments abo what was going on around her. We we teaching her, for instance, that smo ing cigarettes was not healthy, and sh would occasionally point out to me pe ple who were smoking, saying, "Loo Mommy. That lady's smoking. Yuck!"

While the joint was being passed, sh came into the dining room. I wanted t disappear. She climbed into my lap. blew the smoke out of my mouth, awa from her, and motioned for the joint t pass me by. She saw the smoke, looke at all of us and snuggled close to me. waited for her to ask me what we wer doing or why we were smoking, tryin to think how I would respond. The se onds dragged by.

She watched me, but she didn't sa anything. Suddenly I realized that wanted her to ask. I wanted her to ca my bluff, to point out in her honest childlike way my hypocrisy. But sh wasn't old enough to challenge me. A she could do was trust. Whatever he mommy was doing must be all right.

I understood that evening, with my daughter on my lap, that my life wa different now. I have responsibilities that I didn't have in high school or col lege. I have to be able to patch a bloody nose or soothe a nightmare or drive t an emergency room. I have to set a example. And as mature, focused and largely fulfilled adults, my husband and I have agreed that we no longer need either the escape or the high that drugs offer.

But I still believe drugs in our society are here to stay, and it is naive to think otherwise. So when my children reach the age when they'll be tempted, I won't hide my past use from them. I know children of alcoholics are more likely than other children to become alcoholics, and studies have suggested that children of drug users are more likely to use drugs. But I think a lack of information about drugs or alcohol can be damaging to youngsters as well. So I'll be there to talk with my kids about drugs, their effects and alternatives to using them. I'll share with them my reasons for using them when I did and my reasons for not using them now. If I'm lucky, my children won't experiment with drugs at all.

We recently returned to John and Mary's for dinner. We stayed late and put all the kids to bed upstairs. Afterward, John said, "How about some marijuana? The kids won't see you now."

"No, thanks," I responded. "I don't do that anymore." **End**

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WHAT A GREAT BODY NEEDS.

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A natural way to get calcium is from dairy foods like cheese. It's one of nature's best sources of calcium. One of nature's most beautiful foods. It's loaded with the many nutrients that make a body beautiful, without a lot of calories a great shape doesn't need.

Here's why calcium is so critical: Your bones are constantly changing. Everyday, in fact, your body replaces old bone tissue with fresh bone tissue, using primarily the new calcium that comes from your diet. In this way it maintains the bones, keeping them strong and healthy.

Yet, as we get older, as early as age thirty to forty, these bones naturally begin losing calcium faster than they replace it. And losing calcium is the first step to developing a condition known as "osteoporosis." It's actually a crippling disease that affects the bones. Makes them fracture easily under normal stress. It's not curable, but it may be prevented. And while a lack of calcium may be a leading cause, it's also very simple to change.

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*Percentages based on NRC Recommended Dietary Allowance for adult women, 23-50 and daily caloric intake of 2,000 calories.

MORE CHEESE, PLEASE.

You can get your daily allowance of calcium deliciously from cheese. Just start off your day by adding cheese to omelets or scrambled eggs. Or, for a light breakfast, a wedge of Brie or Camembert with fresh fruit is a sumptuous way to wake up. It's also a delicious way to reward yourself after a meal.

At lunch, make the most of a salad by mixing Bleu Cheese with your favorite greens. Or simply make a light salad of Mozzarella and tomatoes with fresh basil.

It's a culinary delight in sauces, over pasta, even on vegetables or rice. A hearty soup topped with Cheddar and accompanied with French Bread is a meal in itself. Or try French Onion soup garnished with Gruyere. And, if you're on a busy schedule, try a quick quiche. Or frittata.

NO MATTER WHAT SHAPE.

Cutting down on what you eat doesn't have to mean cutting out. The trick is getting the most nutrients for the least amount of calories. After all, won't you be a lot more beautiful if you're fit and trim instead of just thin?

So whether you're spending your time getting in shape, or staying in shape, take the time to build a healthy body, too. Easily. Deliciously. And beautifully. With the dairy calcium in cheese.

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BILL COSBY'S TWO WIVES



Underhill

AT HOME WITH CAMILLE COSBY. BY AUDREY EDWARDS

What does Camille Cosby have that the rest of us don't? Bill Cosby for a husband. And these days that seems to be a pretty wonderful thing to have.

Bill Cosby is, after all, the number-one husband and father on American television. Dr. Heathcliff Huxtable, the character he plays on his hit sitcom, *The Cosby Show*, is the charming kind of husband who can keep his wife in giggles with droll little comments that expose the frequent absurdities of family life. He is the wise, sensitive kind of father who can herd the family into the upstairs bathroom to attend the funeral of his youngest child's pet goldfish because he knows it's important for children to learn how to come to terms with loss. And he's the exuberant kind of lover who can get into bed with Clair Huxtable, his *(continued on page 37)*



PHYLICIA'S ROMANTIC NEW MARRIAGE

BY JUDITH REGAN

Phylicia Rashad (better known by her maiden name, Ayers-Allen) is sitting in her dressing room, waiting to be called to the set of *The Cosby Show*. The makeup department is paging her. Wardrobe people breeze in. The phone never stops ringing. As soon as she finishes taping the show, Phylicia, thirty-seven, will rush off to another studio, where she is recording an album.

Yet in the midst of this frenzied environment, the self-proclaimed workaholic maintains the same calm that her TV character, Clair Huxtable, keeps on *The Cosby Show* despite the weekly family crises she handles. "This, too, shall pass," says the actress, smiling. The impression she gives is of a patient, understanding, compassionate and mature woman—very much like the capable lawyer and loving wife and mother she plays on the runaway hit series.

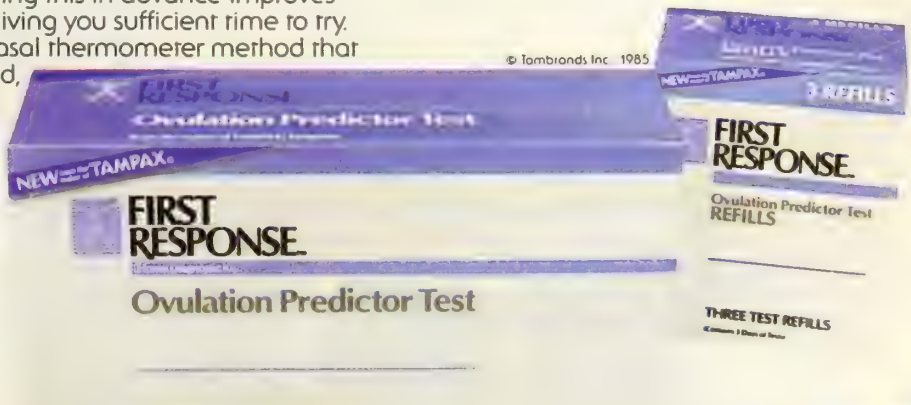
At the moment, Phylicia's life seems to be every bit as full and happy as Clair's. She is co-starring in America's number-one show, opposite one of America's funniest and most lovable actors, and recording her second album. Last year *(continued on page 36)*

inally, we've got our baby.



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PHYLICIA RASHAD

continued from page 32

she won the People's Choice Award for favorite female performer; she's also won an Image Award from the NAACP. She has a son, Billy, twelve, who encourages her career. And just this past December, Phylicia married Ahmad Rashad, thirty-six, an NBC sportscaster and former all-pro football star with the Minnesota Vikings. The handsome, successful Rashad was so taken with the woman he met through his good friend Bill Cosby that he proposed to her on television in front of forty million people.

Regarding the very romantic proposal, made shortly before the Thanksgiving Day New York Jets vs. Detroit Lions football game, Phylicia says, "I was shocked. It was wonderful. The night before Thanksgiving, he told me to make sure I didn't miss his sports show. I sat there watching Ahmad and thought, He's fabulous! Then he proposed to me!" Says Rashad, "I figured that if I really loved this lady, I would have no problem proposing to her in front of all those people."

The couple's first date was at the People's Choice Awards, in Los Angeles, a year ago last month. They had met only once before, on the set of *The Cosby Show*. "The plan was that the driver would pick me up, then pick him up. Seeing him, I felt kind of awkward; we didn't really know each other. I didn't know if we were going to find anything to talk about. Well, we soon stopped worrying about what to say and just started having fun.

"He's going to kill me for telling this," continues Phylicia, "but he had bought these new clothes for the date, and while he was sitting in the car, he started to show me that the button on his new pants had popped off—he had clipped his pants together with a paper clip! His shirt was too long, so he had rubber bands on his sleeves. And his tie kept coming loose, too."

After that evening, which ended at Phylicia's door with a kiss on the forehead, the couple didn't see each other again until April. Their third date wasn't until August. But in September, Ahmad showed up at a *Cosby Show* rehearsal, then started having Sunday dinners with Phylicia. That was the real start of the relationship, says the actress, and "it unfolded very beautifully. It was a friendship that grew to marriage."

A few weeks after the public proposal, which was followed by a barrage of requests for interviews and photos of the wedding, the couple quietly obtained a license one Friday afterr and married the next day. "We call few friends that morning," says licia, who carefully avoided the p "You get married for each other, no everybody else."

Describing the special cerem Phylicia says, "It was very moving very beautiful. My sister, Debbie A [who stars on TV's *Fame*], was my tron of honor, and O. J. Simpson Ahmad's best man." Phylicia wor elegant cream-colored silk dress some thirty-five guests watched Cosby walk the bride down the a and give her away to his friend.

Phylicia has since moved out of comfortable Westchester County, York, home and into Rashad's York City apartment. But the co may have to look for larger qua soon, because Phylicia wants to st family with her new husband.

"When you feel such love, you w to share it with a child," says Phyli "It's something I look forward to, it's only natural. I would like to ha least one more. A girl would be ni have a perfect job right now; I c have as many babies as I want."

Bill Cosby, for one, approves of idea wholeheartedly, even promisi write Phylicia's pregnancy, and b into the show. *(continued on page*




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CAMILLE COSBY

continued from page 32

wife of many years, and still carry on like a bridegroom on his honeymoon.

Who wouldn't love to be married to such a man? But how closely do Heathcliff Huxtable and his marriage to Clair resemble the real man and the real marriage of Bill and Camille Cosby? Is the real family life with "Cos" as much fun as it appears to be on TV? How much is Camille Cosby like Clair Huxtable? And what kind of woman attracts and keeps a man like Bill Cosby in the first place? Clearly, say friends, a woman who is as bright, intelligent and tough-minded as he is.

At forty-one, Camille Cosby still possesses the graceful beauty and subtle sensuality that captured the love of her husband more than twenty years ago, when he met her on a blind date in his native Philadelphia. He has described meeting Camille as being "struck by a thunderbolt of pure loveliness."

The shy Camille was a nineteen-year-old student majoring in psychology at the University of Maryland. Cosby, on the other hand, was a high school dropout who had earned his equivalency in the Navy three years earlier and who, at twenty-six, was tending bar and starting to make a career of stand-up comedy. Camille is the daughter of an Army colonel and was raised in a solidly middle-class family. Cosby is the son of a Navy mess steward and a domestic worker; his family lived in Philadelphia's housing projects. Not exactly the best of odds, one would think. In fact, for many a black woman coming of age in early-sixties America, marriage to a high school dropout who thought he could make a living being funny would have been considered the very worst of odds.

But Camille Hanks fell in love with William H. Cosby, Jr., anyway, and on January 25, 1964, they were married. Success and babies followed quickly.

Now that Bill Cosby is forty-eight, his star has never been more brilliant. As co-creator, co-executive producer, co-writer, executive consultant and star of the top-rated television series, *The Cosby Show*, he has helped rescue NBC from death in the ratings. His income is said to exceed $10 million annually. But perhaps Cosby's greatest achievement is that in spite of being a huge celebrity, he's remained married to the same woman for twenty-two years and helped raise five children. And perhaps it is this stability in his private life that is the secret to his public success.

"What you have to understand about Bill and Camille," says a family friend, "is that they married young and had the fame and the money and the children start to come fairly quickly." It seemed that at each new height in Cosby's career, another child was born. "As Bill's career took off," comments a Boston colleague, "he became the advance man who took the public flak. It was Camille who held fast and firm at home, keeping the family anchored."

Camille is as intensely private as her husband is public; she rarely gives interviews. Yet though she is a woman who insists on remaining in the background, she is also a woman very much in charge. She knows she is certainly more than just the wife of Bill Cosby, though of course to the public that's precisely who she is first. "Camille has had to find her own tools to keep from being swallowed up by the image of a famous husband," says a family friend, "and one of them is the decision not to talk to the press. You can become a magnet for all sorts of people who think they can get to the husband through the wife." Said another friend recently, "Camille doesn't give a damn about that celebrity stuff. She would love Bill just as much if he were a teacher."

How much is Camille Cosby like Clair Huxtable, her TV counterpart? There are some significant similarities. Like Clair, *(continued on page 164)*

How to feed your skin, a new look at lips, a middle-whittling exercise. Next page: quick nail fixes, and more



Jimi Giannatti

THE NEW HOT LIPS

They're a cool, almost-nude pink-beige, subtle and sexy. For this polished, paler—but *not* pallid—look, line with a pencil in a shade that *heightens* your natural lip color, then fill in with more of the same. Shine up for evening (see our model above) with a glide of shimmery golden gloss.

SUPER SIT-UPS



Lie on floor with knees bent, head on right palm, left palm on floor. Curl body up, touching left palm to right knee as shown; uncurl back to starting position. Curl up again, reaching left arm toward left heel. Do four sets; rest; do four more sets. Repeat, switching arms.

Exercise developed by Terry Fay, instructor at the Heartland, a fitness retreat in Gilman, Illinois.

David Croland

SAVE-YOUR-SKIN VITAMINS AND MINERALS

A lackluster complexion...or one that fairly glows with health...the difference could depend on whether you get enough of the skin nourishers charted below

Skin-loving vitamins and minerals	Benefits	Daily dosages and recommendations	Food sources
Vitamin A	Helps keep skin young-looking by promoting new cell growth; stimulates formation of collagen—lack of which causes sagging, wrinkles; regulates sebaceous (oil) glands, thus keeping skin naturally well moisturized.	Up your intake by eating more of the foods rich in this substance or by taking 200 RE (retinol equivalents) of beta carotene, available in health-food stores. Do not take a straight vitamin A supplement; too much can be toxic.	Green and yellow vegetables (especially squash, carrots, pumpkin), fruit, egg yolks, fortified milk, yogurt, liver
Vitamin C (ascorbic acid)	Encourages formation and maintenance of collagen; promotes health of capillaries, the tiny blood vessels that supply skin with nutrients; aids in cellular respiration, downplays damaging effects of stress.	Get 250–500 mg. per day (add an extra 25 mg. for every cigarette smoked), half in A.M., half in P.M. Avoid chewable tablets, which can damage tooth enamel. Kidney or bladder problems? Check with your doctor.	Citrus fruits, cantaloupe, berries, watermelon, papaya, green vegetables (especially broccoli), potatoes
Vitamin E	Helps slow aging by spurring new cell growth and maintaining collagen. Encourages good circulation, strengthens cell membranes, capillaries and other tissues; facilitates healing and growth of damaged tissue.	Take 8 I.U. per day, a bit more if you spend much time in the sun, smoke, or work or live with smokers. Excessive amounts of vitamin E can be dangerous, especially if you have high blood pressure or an overactive thyroid gland.	Green, leafy vegetables; whole grains; wheat germ; seeds; polyunsaturated oils, such as safflower and sunflower oil
Vitamin D	Improves skin respiration—the process by which oxygen is utilized and wastes removed.	Take about 5 mg. per day. Overdoses can cause nausea, weakness, even kidney stones.	Tuna, salmon, eggs, yogurt
B complex: B_1 (thiamin), B_2 (riboflavin), B_3 (niacin), B_6 (pyridoxine), folacin, biotin, pantothenic acid, B_{12} (cobalamin)	Encourages red blood cell formation. Helps control oiliness and prevent age spots. Minimizes effects of stress on skin. (For best results take the *complete* B-complex with vitamins C and E and calcium and phosphorous.)	Ideal B-complex dosage provides 1.1 mg. B_1, 1.1–1.4 mg. B_2, 12–14 mg. B_3, 2 mcg. B_6, 400 mcg. folacin, 10 mg. pantothenic acid, 300 mcg biotin, 3 mcg B_{12}. Higher dosages can result in flushing, itchiness.	Green and yellow vegetables, whole grains, brewer's yeast, yogurt, milk, eggs
Selenium	Enhances many of the beneficial effects of vitamins C and E.	Take 2 mg. per day	Eggs, onions, garlic, brewer's yeast, seafood
Zinc	Vital for collagen formation, cell growth. May help prevent stretch marks.	Daily dose of 15 mg. is recommended. Too much interferes with absorption of iron.	Chicken, fish, meat, milk, eggs, brewer's yeast

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The 4 month curl that gave us a 10 year headache.

We didn't know whether to break out a ttle of champagne or another bottle of aspirin ıen we finally did it. The longest-lasting ıximum curl possible, minus one important ng. Damage you used to live with.

Introducing Ravé Performance Perm.

A mere decade. To give you what one else can.



A perm that's full of glorious body and curl, curl, curl.

A perm that's 4 months of manageability.

A perm that has no odor. (It's our curls that linger, not the smell.)

A perm that's no regrets.

Why the 10 year wait?

You see, up until now, perms that curled a lot were full of harsh smelling chemicals that damaged a lot. If you knew just how much damage, you'd have waited, too.

If not us. Who?

If anyone knows about perm technology, it's Rave. In 1978, we invented the no-frizz perm. The question that kept us up for nights, 3,130 of them, was how to combine that technology with more curl.

Our competition was tough.

We experimented with the perms you used. And learned what not to do. Like give you a perm that looks good–if you don't look too close.

We searched for strong curl that looks better the closer you get to it. A perm that holds up, month after month after month.

And then one month, it happened. Rave Performance Perm!

Nice guys really do finish last.

Sure we could have given you a perm with maximum curl before the Bicentennial. Before you chose a L'Oréal or a Lilt or an Ogilvie perm. Before you went gray. But that would also mean giving you damage. And we have to look in the mirror, too.



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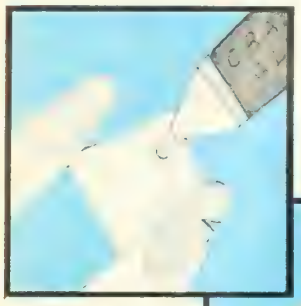
New Rave® Performance Perm.
Curls that last and last. At last.

BEAUTY LAB

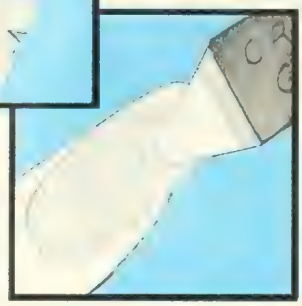
how to fix a broken nail



Weep no more when your longest, most perfect fingernail splits or breaks. With a tube of instant glue and a smidge of tissue, damaged nails can be patched to perfection in just a few minutes, as Roseann Singleton, New York City nail pro, demonstrated to *Journal* readers Emily and Joanne. Here's her step-by-step technique for fast nail fixes.



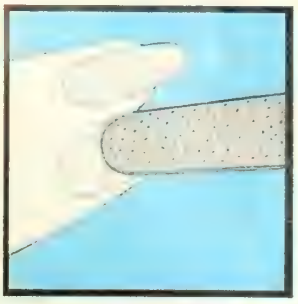
1 Quickly gather up polish remover, instant glue, tissue paper (any kind), emery board.



If nail breaks near the tip, fold the tissue patch over the nail edge.

2 Remove all polish from broken nail, then tear off a tiny piece of tissue to use for a patch.

3 With broken nail edges aligned, place tissue over break, and apply enough glue to saturate. (If skin sticks, undo with polish remover.)



4 Wait a few seconds to allow glue to dry, then apply a few more drops to strengthen patch.

5 When glue is dry, use an emery board to smooth away any unevenness on nail surface.

6 Polish as usual. Patch may weaken next time you use polish remover. Reglue and file.

Diane Teske Harris

David Oakland

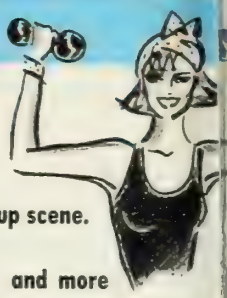
READER TESTED

Reader tester Emily, whose nails split easily, says, "Roseann's technique gave me long nails for the first time ever." As for on-the-move Joanne: "I'm going to carry a nail first-aid kit in my purse all the time."

FRINGE BENEFITS

Longer, lusher lashes—three new ways. ● Max Factor's Legendary Lash Mascara is utterly smudgeproof yet slides off with soap and water. ● Maybelline's got the blues—Electric Blue Thickening Mascara plays up eyes of any color. ● Revlon's Micropure Mascara is formulated to glamorize even sensitive orbs without irritation.

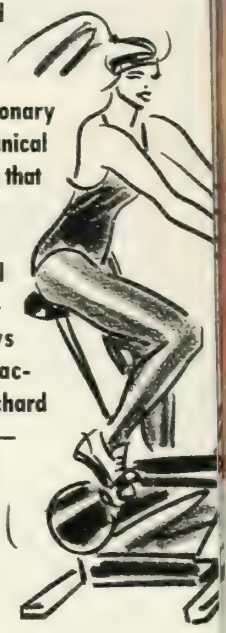
NEWS



Cross-country fitness trends . . . experts tell what's new on the shape-up scene.

In Arizona, more and more women are working out with weights . . "something only serious female bodybuilders did ten or fifteen years ago," says Richie Christy of the International Fitness Center. Also big here and elsewhere are nonimpact aerobics, in which both feet stay on the floor, minimizing chances of bone or joint injury.

At the Ohio branch of Scandinavian Health Clubs, Bob Faulkner notes the rising popularity of aerobic dance classes for men and bodybuilding for women. And everyone is interested in increasing cardiovascular fitness. Preferred methods: stationary bicycles and a mechanical stair-climbing machine that monitors heart rate.



Aerobics are still strong in Southampton, New York, says Omni Health and Racquet Club director Richard Gold, but—surprise—there's a renewed interest in good old-fashioned calisthenics.

Marylanders are giving up passive exercise—such as vibrating belts and machines that offer little resistance—and are going in for more of the activities that demand strenuous effort, says Dr. Art Curtis of the Holiday Health Clubs. "There's a trend toward working out with free weights and the weight-lifting machines. As they shape up, clients begin to go for more fashion-conscious leotards, says Curtis. Now the staff has trouble finding basic shapes and colors in the local stores!



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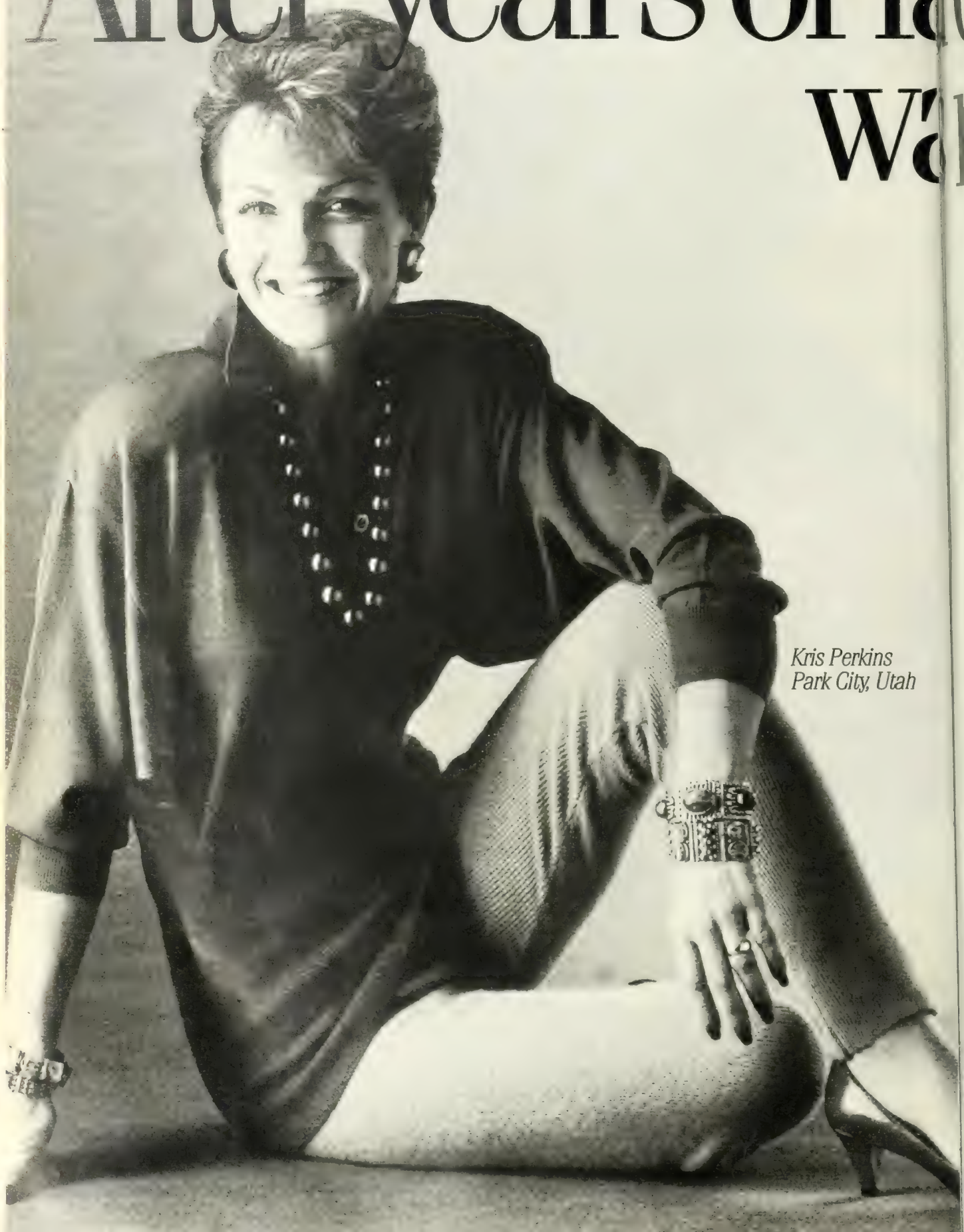
Basis can be found in the specialty soap section of your favorite store.

Basis® Soap. Designed for the single most important part of you: your face.



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After years of fa
Wa



Kris Perkins
Park City, Utah

diets, all I'd lost my confidence.


Here I am 48 pounds ago!

"It's easy to kid yourself: The latest diet book...somebody's new "secret formula" —you name it—and I'd tried it.

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And as I'd grow fatter and fatter, my self-confidence grew thinner and thinner. I didn't feel like going anywhere or doing anything. I just couldn't feel good about myself.

Four years ago, I finally realized that all the fads had always failed me. As you can see, Diet Center didn't."

Kris Perkins

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Fasting and "fad" diets can cause you to lose weight. But they're unpleasant. Unhealthy. And unsuccessful at keeping the weight off. Now, there's no reason to suffer through those ups-and-downs ever again. At Diet Center, you'll discover how a well-balanced, nutritionally sound combination of protein, fats and carbohydrates, plus our exclusive Diet Center Supplement, can help you stabilize your blood sugar level. Which means quick, safe weight loss, without suffering.



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We have over 2,000 locations in the U.S. and Canada. Look in the White Pages of your phone book under "Diet" for the one nearest you.

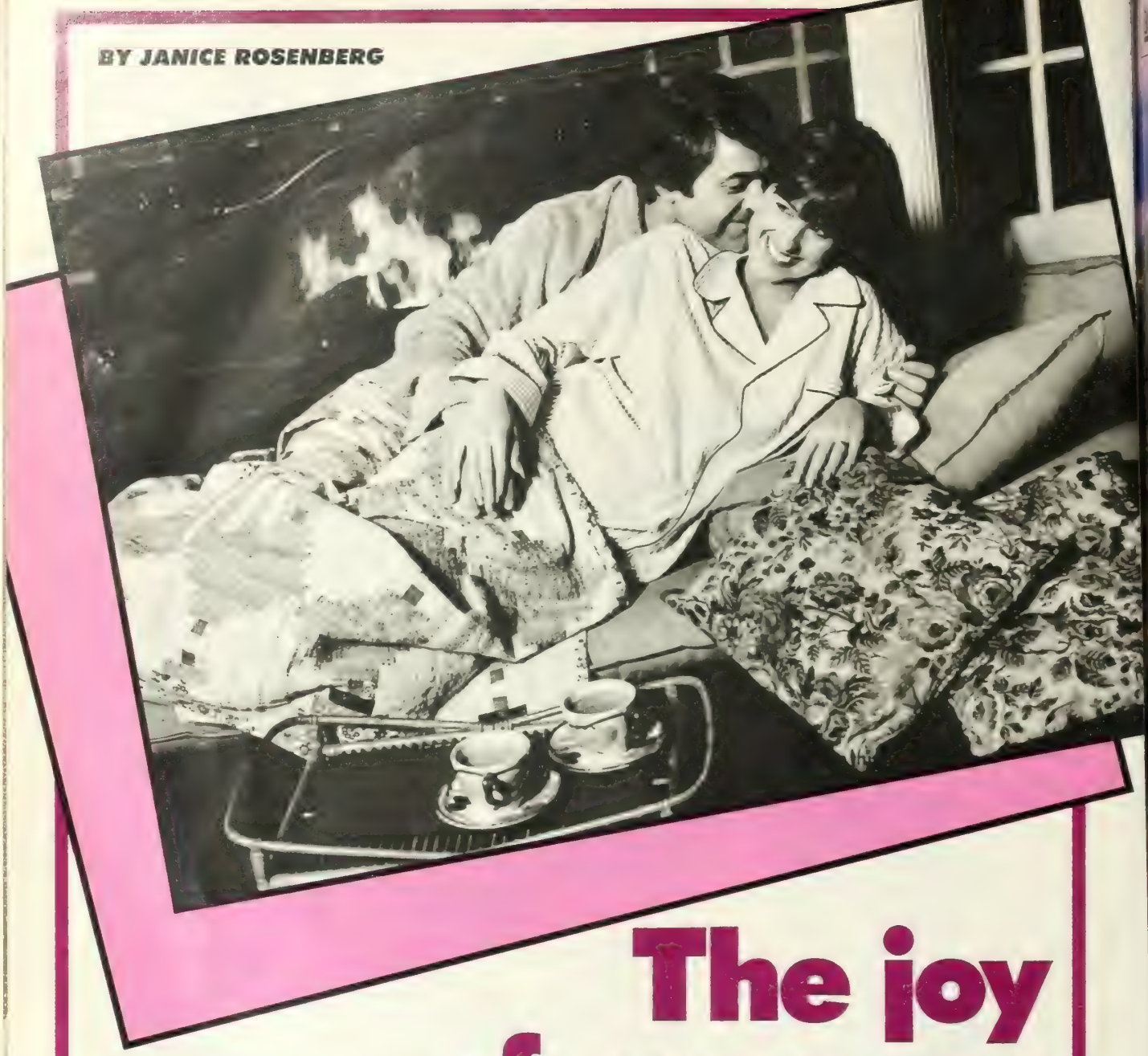
You're Going To Make It This Time.

Diet Center

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BY JANICE ROSENBERG



The joy of cozy sex

CUDDLY, SNUGGLY, WARM AND INTIMATE—LET'S HEAR IT FOR THE RARELY PRAISED BUT SUPREMELY SATISFYING PLEASURE OF FAMILIAR LOVE

When Julie and Dan were newlyweds, a dinner by candlelight at the trendiest French restaurant in town sparked the properly romantic mood for intimacy. Now, ten years later, with two busy careers and two active children, they have dinners out strictly for entertaining business clients. But Julie and Dan have discovered other, less elaborate ways to romance each other. Every weekend, when the kids are at their art classes or ice-skating lessons, they set aside private time together. Sometimes they crawl back into bed; sometimes they don't. It doesn't matter—because by the time the children bound through the door, Julie and Dan feel a sense of loving renewal.

Susan and Dave have a stack of lavishly illustrated books from their early married days that detail exotic ways to please a mate. But they haven't opened those books *(continued)*

Tom Arma


GM
Out here, you've escaped all life's commitments. Except one.
The day's been filled with them. But now you're on your own time. No more interruptions. All commitments temporarily on hold. Except one. Exclusively from GMC Truck.
It was the commitment that began even before you drove your new truck off the GMC lot with a thorough vehicle inspection. It was the satisfaction in seeing a gas tank registering "full" without ever having touched a gas pump nozzle. The security in knowing that a complimentary 1,000-mile inspection followed by a 3,000-mile maintenance check, including free oil and oil-filter change, made the choice to own a GMC so easy.
But GMC's commitment means much more than a few extra conveniences you can actually see and feel. It's the peace of mind you really have knowing that no matter where your GMC truck takes you, the commitment follows.
And that's more than just commitment. That's Commitment Plus.
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TRUCK
A truck you can live with
Let's get it together . . . buckle up.

Even after a good night's sleep, you can still wake up with red, irritated eyes...we call it "morning eyes." That's the time for Visine® Visine with tetrahydrozoline gets the red out for hours. It soothes and refreshes, too. So your eyes will look and feel great.

WAKE UP TO VISINE... IT GETS THE RED OUT.®



The Solution for Morning Eyes.

THE JOY OF COZY SEX
continued

for years. Instead they find a wonderful togetherness just lying in their bed cuddling at the end of each day. Sometimes they make love; sometimes they simply drift off to sleep holding hands.

When Linda and Alex lived in a cramped apartment in the city, they gave the one bedroom to their two small daughters and slept in the living room on a foldout sofa bed, a relic from Alex's college days that squeaked and groaned whenever they made love. When, after a few years, they moved to a large suburban colonial, they put the lumpy sleeper sofa in the den. Now, though they have bedrooms to spare, Linda and Alex continue to lie entwined—and occasionally make love—on the lumpy sofa long after the kids have gone to bed.

Developing a style of intimacy

Do the love lives of our three couples sound a bit stodgy to you? Sex, even after years of marriage, should still set bells ringing and fireworks blazing, right? Clearly, these couples have lost the passion of their early love.

But as our couples will tell you, the passion in their marriages is not only still there—it's stronger than ever. But it *has* changed. Though they may have forsaken the experimentation and romantic rituals of courtship, they have learned to satisfy each other's deepest needs for intimacy. For they are devoted to each other—and to the unmitigated joy of what we'll call cozy sex.

Cozy sex? "Most couples don't understand the concept at all," notes Dagmar O'Connor, author of *How to Make Love to the Same Person for the Rest of Your Life and Still Love It* (Doubleday, 1985) and director of the Sex Therapy Program at St. Luke's–Roosevelt Hospital Center, in New York City. "In fact, many couples' knowledge of sexual love and sexual needs—and how both change during the stages of a marriage—is remarkably vague. We marry with the naive belief that our intense physical attraction will last and carry us through. Years later, if our sex lives fail to match our early illusions, we wonder what went wrong."

To be sure, romantic dinners at fancy restaurants or a lavish weekend *à deux* at a big-city hotel will add sparkle to any couple's sex life. However, most experts agree that expecting daily life—especially one's daily *love* life—to imitate such special times is like trying to live on jelly beans and cotton candy. The happiest couples know that it's crucial to develop styles of intimacy that are nourishing and satisfying—without all the fancy trimmings—because those are the bonds that endure.

Unfortunately, too many couples either live with a nostalgia for the passion of their youth or else envy what they erroneously believe everyone else is doing . . . and they must be missing.

Idealized sex

Why are so many people so misled about such a basic issue? "No doubt the sexual revolution of the sixties and seventies upset many couples," notes Francine Klagsbrun, author of *Married People: Staying Together in the Age of Divorce* (Bantam, 1985). "It made them think that there was something wrong if they weren't making love at least three times a week or experimenting with different techniques or partners."

Then, too, we are a society of self-improvers. It's no wonder we fear stagnation in something as important as our sex lives. We may know intellectually that rockets can't possibly go off every time we make love, but we have not yet found a way to reassure ourselves emotionally. "The performance mystique increases the burden," Klagsbrun remarks. "It makes us believe we have to be athletes in bed. But in truth, we know there are people who aren't comfortable with this kind of sex, and

fizer Inc.



hey need to be reassured that their preferences are okay, too."

The media often serve only to preserve the myth that sex will continue at fever pitch years into marriage. Those romantic scenes in which a couple are so eager to jump into bed that they tear off buttons in their haste may be exciting, but they provide little insight into the stuff of real life. Points out Pepper Schwartz, Ph.D., professor of sociology at the University of Washington, in Seattle, "How many of us would really feel loving toward a husband who had just ripped apart our best dress in his eagerness for a passionate embrace?"

The movies' often exaggerated portrayals of couples deliriously in love have also made many think that if they cannot sustain such heart-stopping passion, then something must be wrong with their marriage. That's exactly what happened to Bonnie, the mother of two school-age children, who has been married to Mark for eight years. When Bonnie caught a wonderfully romantic movie on the late show one night, she recalled the intense excitement she'd felt the first time she and Mark made love. Wouldn't it be wonderful to repeat those tumultuous sensations whenever they got into bed? she thought.

So Bonnie decided to re-create her memories of passionate transport. She chose a night carefully, shipped the kids off to Grandma's, took a perfumed bubble bath and dressed in a chiffon negligee. Mark, however, was exhausted from his twelve-hour day, wanting only to unwind in front of the late news. Where had she gone wrong? Bonnie wondered as she pulled on her flannel robe.

What Bonnie didn't understand was that nothing had really gone wrong in her marriage; that particular evening, her husband was just not in the mood. But like many people, Bonnie had memories of less harried times that caused her to idealize her past and to measure her current situation against it.

"It's certainly not uncommon for people to recall the romance of the first time they made love, but not the embarrassment of sharing a bathroom for the first time, or the fear of his hearing us snore," notes Schwartz.

Comfortable sex

Most people fail to realize that even though sexual frequency and experimentation often decrease over the years, it doesn't really matter. "The sex itself becomes more satisfying," notes Klagsbrun. "A couple can actually reach another level of sexual pleasure, one built on a deep trust and caring. It's the security of knowing another person very intimately."

And that is the essence of cozy sex—the sense of total comfort, the warmth and peace, that only familiar touches can bring. "To have a person who really knows us—and still loves us—is immeasurably reassuring," notes O'Connor. "When we feel secure, we are relaxed and can let ourselves go. And that can lead to a greater, more satisfying intimacy than we realize.

"Most people," she adds, "would not trade the security of a happy, regular relationship for the insecurity and betrayals that come with a sex life that's new every time." Indeed, when we are feeling strong about our marriages and can be honest with ourselves, we understand the joys of cozy sex.

But how can we learn to shake the "grass is always greener" feeling, the sense, as Schwartz describes it, that you're the only woman on your block who isn't multiorgasmic? "A couple should stop comparing themselves with others and should never feel defensive," she advises. Couples may fall into sexual patterns, she adds, but that's not necessarily bad or boring. "Habits develop because they are pleasing. If what you're doing works for both of you, then by all means stick with it."

As you like it

In fact, you can use those patterns to enrich your *(continued on page 167)*

PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.

I CAN'T ACCEPT GIFTS

Q Although I love to buy gifts and do favors for others, I get very embarrassed and uncomfortable when they do the same for me. Why do I feel this way?

A Although the old expression is "It's better to give than to receive," for many people it is *easier* to give than to receive. Getting gifts may make you feel a sense of obligation, since in the past, there may have been strings attached to gifts given you. Being the recipient of gifts can trigger memories of one of these past experiences. Perhaps you feel that you are not deserving of a gift or favor, or that the gift, however small, is excessive in terms of your affection for the giver. Finally, perhaps when you give gifts or do favors for others, you are trying to impress them or make them feel that they owe you something in return. Receiving a gift may clear this debt, making you feel the need to do something more in order to gain the upper hand with the person.

When you receive a gift, of course, try not to act uncomfortable, or you might offend the giver. The next time you receive a gift try to see it for what it probably is: a token of esteem. Eventually, this attitude should help you feel good about receiving gifts and favors as well as giving them to others.

I LIKES SEXY MAGAZINES

Q Even though we have a happy marriage and a satisfying physical relationship, my husband frequently reads girlie magazines. Is he unfulfilled in some way?

A Probably not. Most men have been conditioned to be visually stimulated, and they enjoy the provocatively posed women who appear in these magazines. Looking at them provides men with an opportunity for arousal and fantasy and a healthy outlet for the voyeuristic tendencies all of us have. Many women become upset when they find their husbands reading girlie magazines, because they fear their husbands have lost interest in them. However, it is natural for men to enjoy looking at women, whether they are posing in centerfolds or walking on the street.

If you think your husband really is more turned on by women in magazines than he is by you, ask him if there's something you can do to enhance your physical relationship. But don't be surprised if he tells you that while looking whets his appetite, all he really wants is you.

I NOSY CO-WORKER

Q A co-worker who sits near me often listens to my telephone conversations and then comments on what I say. Several times I've also caught her reading papers left on my desk. Why is she so nosy, and what can I do?

A There are a couple of possible explanations for your co-worker's curiosity. While your life may not actually be more interesting than hers, she may be the kind of person who feels left out of major happenings and wants to be involved in the goings-on of others to compensate. So she tries to learn as much about your dealings as she can. Another possibility is that she is trying to use the information she learns from you to better her position.

You must let your co-worker know that her overactive curiosity is bothering you. If she tells you how you should be responding to the people you deal with in your job, or if you learn that she is going to your supervisor criticizing what she sees and hears, tell her firmly that her intrusiveness is neither appreciated nor helpful. Furthermore, it may be wise for you not to leave your notes or important papers where she can read them. If she continues to bother you, find out if you can change your desk or office.

LHJ welcomes your questions for Psychologist's Journal. Send them to Dr. Sonya Friedman, LHJ, 3 Park Ave., New York, NY 10016. Dr. Friedman regrets that she cannot respond personally.

WOMEN AND DEPRESSION

Are women more prone to depression than men? In a year-long study by the Boston University School of Social Work and C O P E (Coping with the Overall Parenting Experience), a Boston-based family counseling, education and resource center, researchers found new evidence to explain why women have higher rates of depression than men. The cause may be the greater job and home responsibilities women face.

In the study, which involved 651 male and female employees at a Boston-based corporation, researchers discovered that women worked twice as many hours as men on homemaking and child-care tasks—even women who were the primary breadwinners in their households were also the primary emotional and physical caretakers. And in terms of time spent per week on combined family and job responsibilities, married women with children worked a total of eighty-five hours per week while married men with children worked only sixty-six hours per week. Not surprisingly, the study concluded, the demanding schedule women face at home and at the office puts them under considerable strain and leads to greater depression than is found among men.



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The low tar flavor break.



SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Kings: 8 mg "tar," 0.5 mg nicotine—100's: 10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85.

THE WOMAN WHO LOST 300 POUNDS





How a diet counselor and a small town helped a desperate woman become the happiest of losers

By Dianne L. Beetler and Eric Sherman

Three years ago, Judi Voels ponderously lowered her quarter-ton body to a kneeling position in her living room and prayed. "Lord, I know you didn't make me this large. I did it myself. But if life is this difficult, I don't want to live anymore. Please take me home."

The five-foot-eleven-inch, forty-six-year-old resident of the small Illinois town of Kewanee weighed more than 500 pounds. With a sixty-three-inch waist, a sixty-seven-inch bust, and arms twenty-three inches in circumference (the size of some women's *waists*), her massive frame was nearly as wide as it was tall. She was too large to fit in a bathtub and could manage to stand for only a few minutes before her back began to ache and she gasped for breath. After years of failed attempts at dieting, Judi Voels had given up all hope.

"I felt dead," she *(continued)*

Judi Voels weighed more than 500 pounds on her wedding day (above). Today, a happier, thinner Judi inspires other dieters when she speaks at weight-loss centers and press conferences.

Screen Test.

Electronic Car has arrived. roprocessors control your ine functions. Your heating air conditioning. Your io. In some cases, even r suspension system and kes.
Mr. Goodwrench has the ipment to take care of these electronic marvels.

The latest test equipment. Because it takes a computer to know one. And the latest training. So he knows what to look for, before he starts looking.

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300-POUND LOSS
continued

says. "It reached the point where I felt so low, I couldn't go on living. I desperately wanted out of my prison of fat."

Today, she has a new life and a new, positive outlook, having shed more than 300 pounds in one hundred weeks. With the help of a sensible diet and the support of her entire town, she was able to lose almost the total weight of her husband and son combined.

Judi can only estimate what her weight was when she started her diet, since she had long outgrown most scales. She assumes she must have weighed at least 500 pounds, having gained weight since the last time she could use a 475-pound scale. The only place in Kewanee where she could have learned her exact weight was at a loading dock, "but it was a half-mile walk from the parking lot, and I could walk only a half block," she remembers.

Her difficulty standing for more than a few minutes had forced her to quit jobs as a waitress and as a technician for a doctor more than ten years earlier. Without a job, she spent much of her time at home, eating. When she went out, she had to rely on her car to get anywhere. Even in church, Judi, a born-again Christian, could barely stand through hymns.

Yet the physical pain hurt less than her mental torment. "My own doctor wouldn't let me sit on the couch in his waiting room because he thought I might break it," she says, her green eyes filling with tears. "When I'd go shopping, I used to drive up as close as possible to the store so I wouldn't have to walk far, and still little old ladies pointed, and children stared and made fun of me as I walked."

She remembers the time she went to her son's school for parent-teacher conferences. The walk down the long corridor was torturous, "but it especially hurt when his classmates laughed at me. I felt terrible—not for myself, but because I knew it hurt him."

Judi is the daughter of an obese woman—her mother weighed 325 pounds. Ironically, though, Judi was a thin baby—so skinny that her doctor had to give her vitamin shots and her parents had to force food on her.

She first began to put on weight at an alarming rate after her grandfather died when she was thirteen. Judi had adored the man, who had lived with her family and had doted on her, taking her for walks and buying her presents. "He was the grandfather all kids wish for," she says. "When he died, I was terribly hurt. Food was very comforting, and I began to eat all the time."

By her freshman year of high school, she weighed 210 pounds. By her sen year, she had ballooned to 270 and w size-forty-six clothes. As her weight creased, other kids began to laugh her constantly. "Children can be v cruel," she says. "I'd walk home fr school, and kids would tease me. Th called me Two-Ton Tessie, and they peated the rhyme about 'Fatty, fat two-by-four. . . .' Lots of times I'd co home and cry."

She rarely dated, and when she d she was paired off with unpopular bo "At freshman initiation, I had to dan with a real gangly boy. How I long for a boy to look at me!"

After high school, she went to a te nical college in Chicago and met a m named Elmer. They began living gether, and in 1972 Judi's son, R.J., w born. Judi never lost the 48 pounds s put on while she was pregnant and, fact, began to gain weight more rapid

Three years later, after she had turned to Kewanee with Elmer, he l her, and Judi was devastated. She lied on food to comfort her more th ever. "Food would call to me. I just a all the time," she remembers. "If I w really hungry, I started eating early the morning, and I wouldn't stop unti went to bed at night."

What was her favorite food? "I lik everything!" she says with a laugh. "M parents taught me to eat *(continue*

DIET CENTER'S MIRACLE DIET TIPS

Judi Voels lost weight while enrolled at a local chapter of the Diet Center, an Idaho-based company with 2,001 franchises in the United States, Canada and Europe. Here are some of the Diet Center tips she followed.

- Pick a diet you feel comfortable with: If you don't like your diet, you won't stay on it.
- Tape photographs of yourself and of your counselor (or someone else who can inspire you) on your refrigerator. The first picture will serve as a constant reminder of the progress you've made, and the second will reinforce the fact that there's someone who cares about you and your diet.
- Try to have your meals at the same time each day. Plan your menu beforehand and stick to it.
- Do not worry about how many pounds you have to lose or how long it will take you. Concentrate on losing weight one day at a time.
- Prepare foods ahead of time and in bulk. For example, bake several chicken breasts with your favorite herbs and seasonings. Freeze the ones you don't eat immediately, then heat them up for lunch during the week or eat them cold.
- Never skip breakfast. A nutritious breakfast and a high-fiber snack at midmorning (fresh fruit and wholegrain crackers) should be all you need to get you through to lunch.
- Eat only while seated at the table, never while watching television, reading or doing housework.
- Be aware of "diet foods" that are high in calories. Cottage cheese and fruited yogurt are excellent sources of calcium but can add significant calories if eaten in excess (one cup of cottage cheese has 220 calories; one cup of fruited yogurt has about 225). Instead, try plain yogurt with fresh fruit and low-calorie sweetener (about 165 calories per cup).
- When eating out, make your desires known. Even fast-food restaurants are becoming sensitive to dieters and are catering to their wishes
- Avoid rushing through meals. It takes your brain about twenty minutes to realize you are full. Relax while eating; when you are satisfied, take your plate away, even if it isn't empty.
- If you do slip off your diet, get right back on again. Never punish yourself for a moment of weakness. Guilt tends to encourage overeating.
- Be physically active. Try walking instead of riding; use the stairs instead of an elevator. If you do drive to go shopping, park your car at the far end of the parking lot.
- Remember that your empty stomach is about the size of your fist. Picture that space, and realize that very little food is required to feel full.
- Be proud of your appearance. Try to look like a winner; your appearance is a projection of how you feel.
- List the factors that cause stress in your life, and set up a plan to attack each one. Learn to relax and to take control of situations—and develop a more positive image of yourself.

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her in their Chevrolet, which she could still squeeze in

When Judi arrived at the Diet Center on February 1983, she couldn't fit into any of the chairs in the recepti area because they all had arms. The receptionist broug out a larger chair and went back to warn owner Ch Dolezal. "You're not going to believe what is sitting in t waiting room," she said. But despite the warning, Cheri w not ready for what she saw. Judi sat dejected, her should slumped, her head hanging down.

"When I first saw her, I couldn't believe anyone could so big," said Cheri, a registered nurse who had lost pounds herself at another Diet Center. "I didn't know i could help her. But I was her last hope, and I knew it."

Judi said little during that meeting, too disheartened do anything but answer questions. So Cheri did most of t talking, laying down the ground rules from the start.

"I'm rather strict with all my dieters," Cheri explai "and I was even more so with Judi. I realized th she must have gotten that large because she had no se discipline. I told her that she'd have to buckle down a follow the diet strictly. She said okay, and not much else.

Cheri insisted on taking Judi's measurements—and t numbers were staggering. Her knees alone measur twenty-six inches. Her calves and upper arms were twen three inches, and her neck was nineteen inches. And wh Cheri began to take Judi's waist measurement, she realiz she'd never be able to fit her arms around her client's wai She called her receptionist, who brought in two tape mea ures glued together. Each woman held one end of the extr long tape measure, and they encircled Judi, who clutch the wall for support. The final waist measurement of fi feet three inches stunned even Cheri.

Judi was placed on the center's conditioning diet, t initial step in the five-part *(continued on page 15*

300-POUND LOSS
continued

what was set before me." Most of what she ate was fattening—lots of starches and ice cream . . . especially ice cream. Chocolate, vanilla, cones, cups, shakes—it didn't matter. Judi ate them all.

She already weighed about 425 pounds in 1979, when a friend introduced her to Mark Voels, a quiet, slight man who, at 135 pounds, was almost 300 pounds lighter than Judi. The difference in size never concerned Mark. "My husband is wonderful; it never bothered him that I was fat," Judi says. "He loved me at my worst, and he's always supported me." The couple dated for about six months before they were married in January 1980.

But even when happily married, Judi continued to eat uncontrollably. Mark encouraged her as she tried diet after diet, but she could never keep off any of the weight she lost. At one point, she dropped 50 pounds in six months but promptly regained the weight. She tried fasting for ten days ("and believe me, the way I love food, that wasn't easy"), but afterward, she ate more than ever. She consulted a hypnotist, but she still couldn't stop eating. Nothing worked. Finally, Judi tried the only thing left she could think of—she got on her knees and prayed.

Three days later, her prayers were answered when she received a phone call from a woman who attends her church. "Judi," the woman said, "I love you too much. I don't want you to die." The woman, who wants to remain anonymous, offered to pay for Judi's first six weeks at Kewanee's newly opened Diet Center and even to drive her to the first visit.

Judi tearfully accepted her friend's generosity, but when the woman arrived the day of the appointment, Judi couldn't fit into her Volkswagen. Instead, Mark had to drive



A Gift of Love for Mother's Day, 1986



he Hamilton Collection Presents...

Times Remembered

- 23K gold rim
- Shown smaller than actual size of 9⅜"
- A limited edition premiere from The Hamilton Collection and Reco International

ne of the most heartwarming of all pastimes is looking through the fam- photograph album and thinking back favorite "Times Remembered." Now eco International honors Mother's Day, 86 with a charming limited-edition plate at captures just such a nostalgic moment fine porcelain.

"Times Remembered" portrays a beau- ful, young mother of yesteryear with her dorable, blond son—looking through hotographs that record their family's fond emories. This gentle scene comes alive exquisite detail at the gifted hand of aster child-subject artist Sandra Kuck.

Masterwork of Sandra Kuck and Reco

This latest work by Ms. Kuck follows an npressive stream of accomplishments, cluding the Outstanding Artist of the ear in limited-editions, and nearly every ther award in the collectibles field, cluding Plate of the Year. The number f Kuck admirers is increasing rapidly ecause of the charm and life-like quality f her highly detailed portraits.

The Hamilton Collection is privileged o present "Times Remembered" through n exclusive arrangement with Reco nternational, one of the most honored art tudios in today's world of collectibles.

An Issue With Investment Potential

"Times Remembered" marks the sec- nd Mother's Day plate by Sandra Kuck. Her 1985 Mother's Day plate swiftly sold out, and a very large number of collectors were disappointed. As a result, that issue, entitled "Once Upon a Time," is already showing secondary market increases. Several of Ms. Kuck's previous works have also earned significant price appreciation.

A Fully Certified Limited Edition

Each plate in the edition will be hand-numbered on the reverse side. A Certificate of Authenticity will accompany each plate to attest to its status as a part of the limited edition which will close forever on Mother's Day, May 11, 1986.

Owners of "Times Remembered" will be guaranteed the right to own any upcoming Mother's Day plates by Reco as they are issued. ***But you will not be obligated to buy any others.***

Furthermore, under the terms of The Hamilton Collection **100% Buy-Back Guarantee**, you may acquire "Times Remembered" ***at no risk.*** You may return it within 30 days of receipt for a full refund.

Because of Sandra Kuck's continued success and popularity, along with her previous issues' secondary market performance record, collectors will be competing to acquire "Times Remembered." This issue may begin to rise in value almost immediately after its Mother's Day closing.

Don't be disappointed—be sure to order by the date shown in the reservation form to assure receipt by Mother's Day. Better yet, order ***today!***

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To Assure Receipt by Mother's Day, Mail by: April 21, 1986

Limit: Two plates per collector

Please accept my order for "Times Remembered," the 1986 Reco Mother's Day Plate by Sandra Kuck. 9⅜" diameter; 23K gold rim; hand-numbered with same-numbered Certificate. I understand that I am under no obligation to buy any other plate.

Yes, I wish to purchase _____ (1 or 2) "Times Remembered" plate(s) at $29.50 (plus $2.14, postage and handling) each for a total of $_____ ($31.64* or $63.28*)

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☐ I enclose full payment by check or money order.

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*Florida residents add $1.59 per plate, sales tax. Illinois residents add $2.22 per plate, state and local tax.

All orders must be signed and are subject to acceptance. Deliveries made only to the U.S. and its territories.

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MONEY NEWS

Up-to-the-minute advice to help you manage your money
By Katherine Barrett and Richard Greene

CASHING IN ON NEGLECTED STOCKS

Reams of information are printed about "hot" stocks every year, but a Cornell University study shows that stocks ignored by financial analysts and the press do the best. "For every time span we checked over the last twenty years, we found that neglected stocks dominated the list of market leaders," says Avner Arbel, professor of finance at Cornell and author of *How to Beat the Market with High Performance Generic Stocks* (William Morrow, 1985).

"It's not the industry, the company's size or the price-to-earnings ratio," he says. "The single common denominator of the winners is that they are not widely held by financial institutions and are not widely followed by analysts."

Arbel says that buying neglected stocks is like buying generic products at the supermarket. They cost less because they have no stamp of approval. In addition, the buyer has to do her own research—finding out about the company, using the product, collecting opinions. The investor also takes on more risk, but the risk can be cut down with good research and diversification.

To find out whether a stock is neglected, check in a stock reference book or with a broker to see how many financial institutions hold it. A "brand name" stock like IBM is held by about seventeen hundred financial institutions. According to Arbel, you should look for stocks that are held by fewer than eighty or eighty-five financial institutions.

"This is a way for the small investor to beat the market," says Arbel. "It's an entrepreneurial approach. You get a significant reward for doing your own research and investigation, for having guts and not just following the herd."

THE TROUBLE WITH TAX PREPARERS



If you want to use a tax preparer to help with your return, make sure you get one you can trust. There's a lot of unsavory activity in this field. In New York City, for examp the Department of Consumer Affairs fou in 1985 that forty-five of sixty-two tax p parers investigated were allegedly in v lation of the city's regulations.

Make sure you know the qualifications anyone you hire, and check to see that has a good record of service. Never business with anyone who asks you to si an uncompleted form or one that's writt in pencil. If your taxes are complicat use a CPA. Also, opt for an office that sta open all year rather than just during t season. And pick a tax preparer who willing to explain your return to you aft he has filled it out. (After all, you'll responsible if there's a problem.)

The best way to choose a good tax p parer is probably through the referral o happy friend. Otherwise, contact yo state society of CPAs for referrals.

AVOIDING OVERDRAFTS

Bouncing checks is getting to be downright costly. According to Sheshunoff & Co., a bank consulting firm based in Austin, Texas, the average bank charge for a bad check has risen 70 percent in the last five years—to $10.98. And some banks charge as much as $25. What's worse, if you pay a bill with a bad check, many companies, such as utilities, impose a charge for returning the check to you. The cost can really mount if you bounce several checks at once—something that can happen if a check you've deposited doesn't clear as fast as expected.

One form of insurance: bank lines of credit that cover your checks even if the money isn't in your account. Although you must pay interest on the amount borrowed, if you pay back the overdrafts quickly, interest will cost less than the charges for bounced checks.



Q My mother just started getting her pension, and it's much less than she expected because of something called pension integration. What's that?

A If a pension is integrated, it means that your Social Security benefit is used in calculating how much you're going to get. Many people, like your mother, find that this reduces their expected benefits substantially.

Phyllis Borzi, a Washington, D.C., pension lawyer, cites a woman who earned a monthly pension of $120 and a Social Security benefit of $300. Logically, she expected her retirement income to be $420, but instead it was $320. Why? Pension integration allowed the company to subtract one third of her Social Security benefit from her promised pension. With $100 (a third of her Social Security check) subtracted from $120, she was left with only a $20 pension.

It's vital, therefore, that employees check to see whether their plans are integrated, so they aren't unpleasantly surprised when they retire. According to the Older Women's League, most people who work for small companies and almost half the employees of large organizations have integrated plans.

If you want to learn more about pensions, write for *Special Edition: Women and Pensions,* an excellent free publication available from the Older Women's League Pension Project, 1325 G Street NW, Washington, DC 20005.

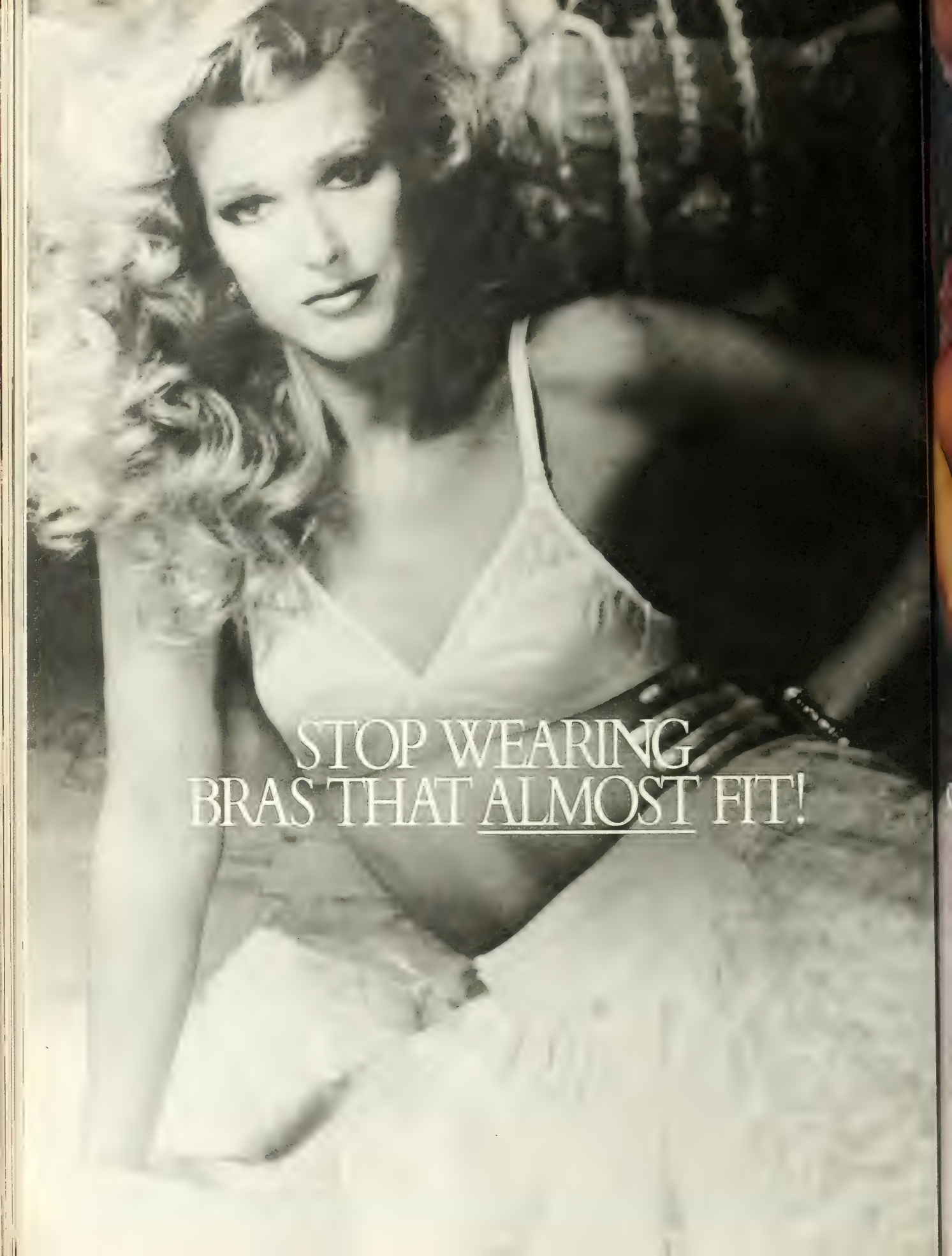
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Ideas that save time

A fast fifty tips for that precious commodity no woman can ever have enough of—time

BY IRVINA SIEGEL LEW

BASIC TIPS: BECOME MORE EFFICIENT

Make a note of all the things you do that waste time. Then try to eliminate them.

• Plan tasks according to your biological clock. Do the difficult tasks when you have the most energy.

• Plan your time and budget it as carefully as thrifty people budget money. If you must be somewhere, can you arrive late and leave early?

• Consolidate activities. Route errands as efficiently as you would if your job were to schedule deliveries.

• Double up—do two things at once. Sort mail while on the telephone, write a list or letter while waiting in the car, read a magazine while exercising on a stationary bicycle.

• Set deadlines. Give yourself a date by which a task must be completed.

• It doesn't matter what you use—a shelf in the hall, a kitchen counter, a table in the living room—just be sure to have one "business of life" space for mail and filing important papers. It will save everyone time looking for things.

TRIM TELEPHONE TIME

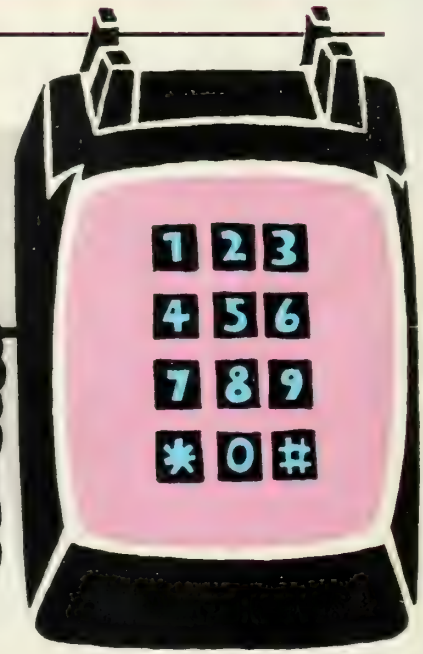
Keep lists of important telephone numbers available for your children as well as their caretakers so no one has to waste precious time looking.

• Keep numbers of kids' friends, teachers, so if you need to find kids quickly you'll have the numbers right at your fingertips.

• Schedule a time each day when the phone must be off-limits to the kids so the lines will be free for you.

• Learn to cut unwelcome calls short by saying "I'm busy right now."

• Try to make all phone calls at one sitting.



Richard Osaka

Excerpted from YOU CAN'T DO IT ALL, by Irvina Siegel Lew. Copyright © 1986 by Irvina Siegel Lew. Used with permission of Atheneum Publishers.

ONCE IN A GENERATION

THERE'S A BREAKTHROUGH

SO REVOLUTIONARY IT

CAN CHANGE FOREVER

THE WAY PEOPLE TAN.

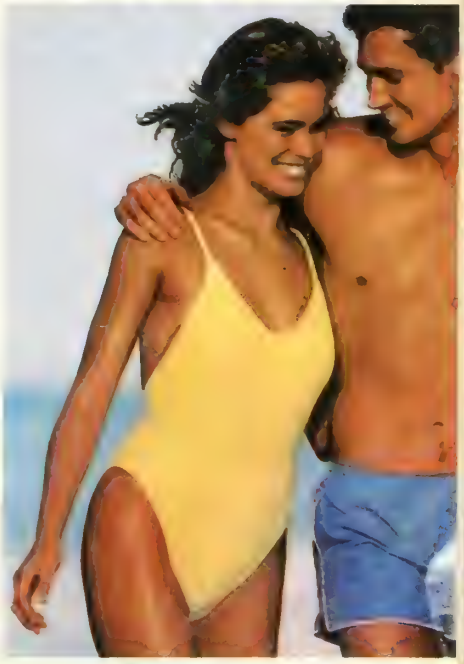
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Now you can get the most tan in the least time. Because new Coppertone Natural Tan Accelerator prepares your skin for tanning even before you go out in the sun. Not a dye or a bronzer, it actually stimulates your body's own natural tanning process. To get the best results, use it in place of your daily moisturizer for a few days before sunning. Then apply with your regular suntan lotion when you go out in the sun, or when you go to the tanning salon. That's all it takes. For a faster, richer, longer-lasting tan.



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MAXIMUM TAN. MINIMUM EXPOSURE.



A household must: A filing cabinet. A box with folders will also work.

• A looseleaf binder should be available for everyone's use. File shopping lists, phone numbers, timetables and even take-out menus.

• A central board is vital so that everyone knows where to look for important messages.

• Keep delicate, dangerous and seldom-used objects on the uppermost shelves; reclaim the dead space above your cabinets. Hang frequently used objects in the open on pegboards.

• Buy a lazy Susan utensil holder so everyone can find the potato peeler.

• Exchange top sheets, blankets and spreads for an attractive comforter.

• Use straw baskets (in a corner) for hampers. Separate white and dark and dry-cleaning items.

• Install narrow shelves behind toilet to hold towels.

• Replace sliding closet doors with swinging doors. The backs of doors can hold scarves, ties, ribbons, hats and gloves.

• Keep cleaning supplies on a caddy in the tub or shower if you want each bather to scrub after using.

MEALS...KEEP IT SIMPLE

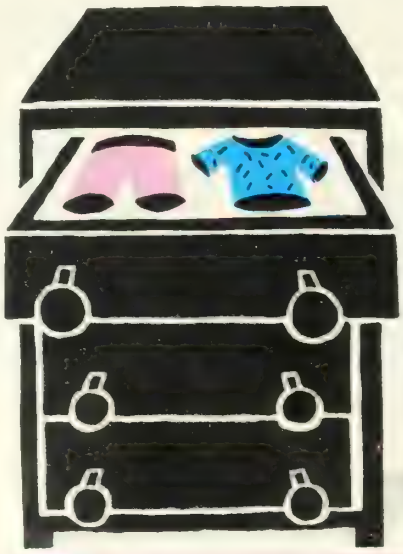
Make maximum use of your microwave. Vegetables go from oven to table, potatoes bake in five minutes, frozen foods thaw on paper plates (no messy pots!).

- Put your barbecue near the kitchen door and use it all year long.
- Cook double, triple and more! Use storage bags and freeze.
- Delegate one meal per week to each capable family member.
- Do what grocery stores do: place all necessary items within reach, so children and adults alike can help themselves and help the household. No law says glasses and dishes must be in top cabinets.
- If you like stir-fried vegetables but hate to peel, slice, chop and clean up, stop at the supermarket salad bar and load up on prepared fresh vegetables to throw into your wok or skillet. Serve with pasta or in a pita pocket. Add deli meats and cheese for an instant chef's salad.



Richard Osaka

HAVE THE KIDS DO THEIR SHARE



Don't teach your children to "help Mommy" if you want them to grow up believing that the responsibility belongs to the person who made the mess.

- *To encourage family members to see jobs as their own, offer praise for jobs well done and applause for independence.*
- *Teach your kids to take care of their own clothes, bed, laundry and especially toys. That way they find out early that if they want to live in a neat, clean environment, they will have to make it themselves.*
- *When your children go from cribs to beds, buy washable indoor sleeping bags and encourage them to straighten their beds in the morning.*
- *Build low shelves and put up hooks so children can arrange toys and hang up pajamas and jackets.*
- *Treat blocks like a puzzle. Make a game of putting them away.*
- *Tie stuffed animals with bright ribbons and hang on low wall hooks.*
- *Teach a young child to set a table by matching shapes on a plain white paper placemat. Draw the shapes of a fork, knife, spoon, plate and glass. Then give your toddler plastic utensils to put in the proper places. Soon she'll want to set the table for everyone.*
- *Youngsters can collect refuse inside and out. Use an old pillowcase (avoid using plastic bags with children), and let your child pick up stuff around the house and yard.*
- *Get kids to help with the dusting by hiding trinkets and pennies in out-of-the-way places so they'll be sure not to cut corners.*
- *Let a little one try to match the socks. It will save you time, and she'll find it a challenge.*
- *Keep solid-colored bottoms in a drawer with printed tops. If you buy color-coordinated items, any top will go with any bottom, and kids can pick out their own outfits. Make sure kids' clothes are easy fitting, with snaps and elastic waists.*

More timesaving tips on page 166

f you want to become pregnant...



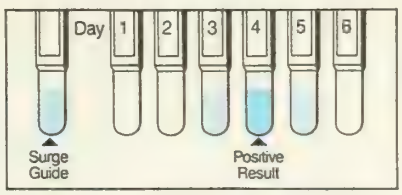
New Ovutime® accurately pinpoints the time you can conceive

Knowing when you ovulate can increase your chance of becoming pregnant. And now, with new OVUTIME® you can predict when you're going to ovulate up to 36 hours in advance, so you can plan when you're most likely to conceive.

OVUTIME is a urine test method that physicians, laboratories and fertility clinics use. But it's *so easy*, we've made it available for you to use at home.

OVUTIME detects the hormone LH (luteinizing hormone) that triggers ovulation. LH surges (or increases) just before you ovulate, and you can detect its presence in your urine.

Simply test your urine once a day for 6 or 9 consecutive days each month with special OVUTIME Colorsticks.

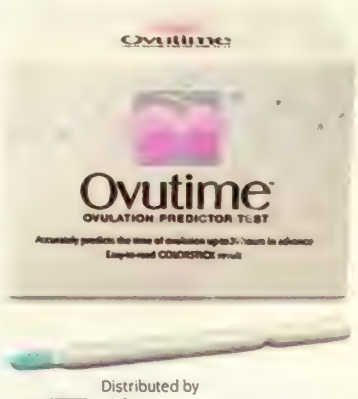


The Colorstick will turn dark blue when LH surges. And only OVUTIME contains a control test called the "Surge Guide" to help ensure that your prediction is accurate. If your daily Colorstick turns a darker blue than the Surge Guide, you are likely to ovulate within the next 36 hours.

It's that easy to accurately predict ovulation...unlike the temperature method which gives you information too late for you to use.

And OVUTIME offers both a 6-day and 9-day kit to choose from, depending on the regularity of your cycle.

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MEDINEWS

The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse

FREE STRESS TEST

No one's life is free from stress, but while we may not be able to avoid it, we must learn how to handle it. When we let stress affect us, it can lead to all sorts of medical problems, from such minor annoyances as colds, stomach upsets and skin breakouts to more serious problems such as ulcers or high blood pressure.

To find out how well you handle stress and how you can learn to deal with it better, participate in the National Stress Education Program, sponsored by Medicine Shoppe pharmacies. You can pick up the free stress test kit—a personal stress profile questionnaire, an answer key and a booklet on coping with stress—at any of the six hundred Medicine Shoppe Pharmacies nationwide. The kit will be available on April 17, 18 and 19.

Readers can also write to Medicine Shoppe and receive the test kit in the mail. Send a self-addressed, stamped (with three regular 22-cent stamps), 9x12-inch manila envelope to: Medicine Shoppe Stress Program, Dept. LHJ, 10121 Paget Drive, St. Louis, MO 63132. You must send a separate stamped envelope for each kit requested. Requests must be postmarked by April 30.



Cameron Wasson

DRUG AND COSMETICS WARNING

Many reports have already been published about the adverse effects of Accutane (isotretinoin), a vitamin A–related drug used to treat severe acne. Doctors warn that pregnant women should never take the drug, because the risk of having a baby with birth defects is greatly increased. Other patients have reported skin, lip and eye irritations. Now new research, reported in a recent edition of *FDA Drug Bulletin*, has found even more Accutane side effects. These include abnormal bone deposits, a decreased ability to wear contact lenses in some people, and problems controlling diabetics' blood sugar. Discuss these side effects with your physician before taking the drug.

Attempting to satisfy the American consumer's desperate desire to stay young, many cosmetics manufacturers have been adding hormones such as estrogen and progesterone to hair and skin-care products, even though there is no evidence that such additions are effective (at eliminating wrinkles, for example). A recent report in *The Medical Letter* warns that these products may not always be safe, either.

According to the report, even the tiny amounts of estrogen in cosmetics can cause such unwanted effects as breast enlargement and other sexual changes in infants and children, breast swelling in adult men and postmenopausal bleeding in women.



BREAST CANCER TESTING

MORE THAN MAMMOGRAPHY

Women are getting more conscientious and more sophisticated about breast cancer detection, but new research by physicians at the University of North Carolina School of Medicine, in Chapel Hill, advises that women should not rely on regular mammograms *alone* to detect breast cancer in its early stages.

The study found that mammography can sometimes give a false negative reading (show no cancer when there actually is a malignancy). For the average woman the false negative rate is 10 percent or less. But for women with dense breast tissue, false negatives can occur up to 69 percent of the time.

The researchers stress that mammography is still a very valuable screening technique. However, to offset the inaccuracies, they encourage women to have regular mammograms in combination with monthly self-examination and physical examination by a physician.

HEADACHE RELIEF

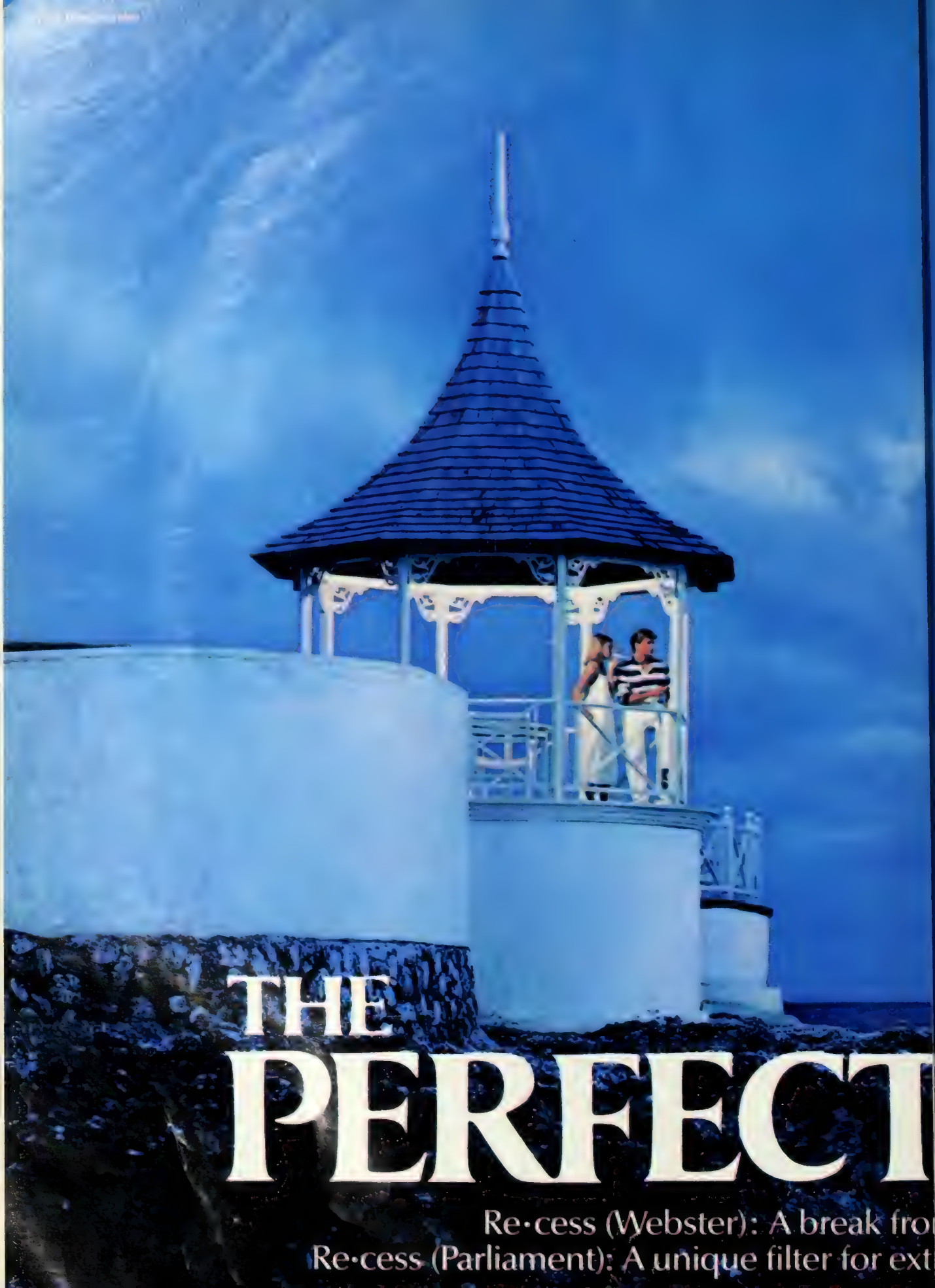
CHILL OUT TO COMBAT PAIN

A medical study has confirmed what many people have known from experience for quite some time: Cold is an effective therapy for headache.

Doctors at the Diamond Headache Clinic, in Chicago, studied patients being treated with medication alone and patients being treated with a combination of medication plus a cold pack applied to the area of pain. (Cold packs are available in many pharmacies; filled with gel, they are stored in the freezer before use.)

Almost three quarters of the patients involved in the study found the gel pack effective and planned to use it again. The researchers concluded that the gel packs do provide symptomatic relief.


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Re·cess (Parliament): A unique filter for ext

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THE PLASTIC PRISON

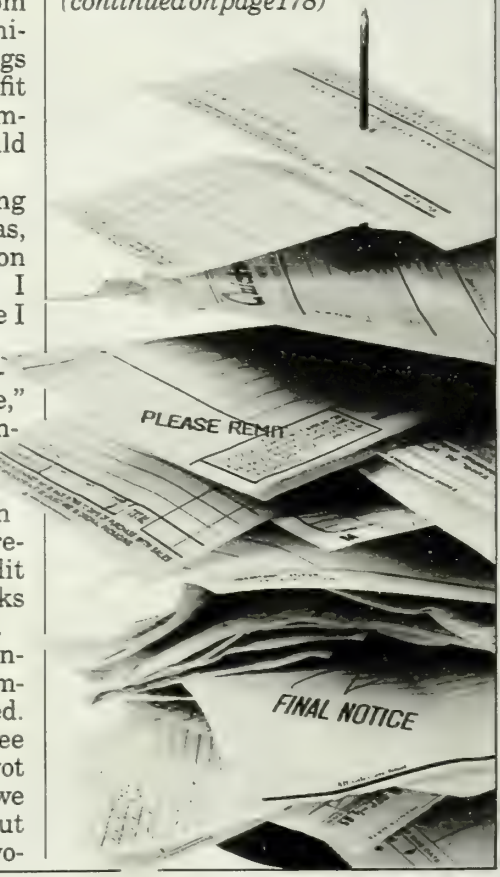
One out of six people who use credit cards is in serious debt. For such big spenders—and those who might be on the way to joining them—credit cards can be more of a curse than a convenience.
By Katherine Barrett and Richard Greene

Marcia never gave much thought to how much she was spending with credit cards. "My friends and I would go to the mall with our babies and spend the day just walking around," says the easy-going thirty-three-year-old, who lives in a pleasant two-bedroom townhouse in a suburb of Chicago. "I was always buying things ahead of time . . . a cute outfit my son could wear next summer; a toy on sale that I could put away for Christmas.

"There was never anything major. Just clothes, meals, gas, birthday gifts—I put them on my charge. Truthfully, when I was charging I didn't feel like I was spending real cash."

Marcia takes off her designer glasses ("Charged, of course," she says, grinning) and continues. "My husband and I used to pay off our credit-card bills completely each year with our income tax refund, so we had a great credit rating, and every year the banks would offer us a higher limit. Our Visa started at five hundred dollars, and we got the limit up to thirty-three hundred. MasterCard was twenty-three hundred, and even after I got pregnant and quit my job, we were still invited to take out another MasterCard with a two-thousand-dollar line of credit. Then, of course, there was the Sears card, Montgomery Ward, Lord & Taylor, Marshall Field, Lerner, Wieboldt, Amoco, Shell, Union 76 . . . Oh, yeah, we also had a line of credit on our checking account for two thousand. It

(continued on page 178)



Flip's Cat Obedience Course. (Or 8 new ways to obey your cat's every wish.)



You think it's hard to please a cat? Sure you do. Because that's what cats want you to think. But the truth is, cats are really easy to please. All you have to do is give them exactly what they want, which is new Tender Vittles. From the three brand new flavors, to the new improved favorites, Roscoe thinks they're the cat's pajamas.

He loves all the extra real meat, chicken and fish they've added to the Vittles he loves. And with all new Savory Supper, Poultry Dinner and Country Dinner, there's variety enough to satisfy a cat's every wish. (Even a cat like Roscoe, whose every wish is my command.)

8 new easy to please flavors.



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Child rearing in the eighties: the most recent health news, research and trends. By Mary Mohler

A NEW LOOK AT ANOREXIA

When an adolescent girl develops an eating disorder such as anorexia nervosa, it's usually her relationship with her mother that comes under scrutiny. But according to Margo Maine, Ph.D., a specialist in eating disorders at Children's Hospital, in Newington, Connecticut, it may be her father's failure to provide positive reinforcement that makes the girl vulnerable to the emaciated-is-beautiful influences in our culture.

In a study of thirty-nine girls with anorexia, thirty-six were found to have fathers who gave them very little emotional support. Almost half the fathers withdrew when the girls began to develop sexually.

According to Maine, fathers often distance themselves when a daughter reaches puberty. A father who once had a close relationship with his daughter becomes uncomfortable when he realizes that his baby is now a sexual being. He often finds it difficult to express affection or even to interact with her.

The child, aware of her father's aloofness, feels that as she develops sexually, she loses her father. On some level, she then reasons that if she regresses, she'll gain him back. In addition, says Maine, any problems in the mother-daughter relationship are heightened, and the cultural messages about thinness may assume far more potency.

Maine suggests that fathers attempt to be more involved in the day-to-day care of daughters. Then, when puberty sets in, a father can continue to handle routine aspects of child care—driving his daughter to school functions, for example, or taking her to the dentist—that will not make him uncomfortable.



BOOK 'EM!

"Nobody influences your child's reading habits as much as you do," says Dr. Vartan Gregorian, president of the New York Public Library and the man most responsible for its present vitality. April 6–12 is National Library Week, and Gregorian reminds us that the most precious gift a parent can give her child is the ability to enjoy books: It's the foundation of knowledge and success, the key to beauty and pleasure.

We asked Gregorian for some tips on helping your child learn to love books. Here's what he and his staff suggested:

- Begin reading to your child when he is an infant: Start with nursery rhymes and songs, then move to basic picture books. This early familiarity with books will help the child approach reading with confidence.
- Have a variety of reading materials available—books, magazines, newspapers—and make it clear that reading is important to you.
- Ownership of books is important. Each child should have books of her own, a special place to keep them and a quiet place to read.
- Introduce your child to the public library early. Libraries can provide much more than just books nowadays.
- Encourage a child to select his own books. And don't rush him—the real adventure of the library lies in browsing.
- Continue to read aloud to your child long after she has learned how to read. Sometimes, during the slow, arduous learning period, the pleasure of reading is lost.
- Let your children tell you stories and read to you. Encourage them, praise them, let them feel pride in their accomplishment.
- Deemphasize TV watching. Try to wean your child from the tube by figuring out what sorts of things he likes to watch; then get him books with similar characters or plots.
- Widen your own knowledge of children's literature. Choose the very best books you can find, the most beautifully illustrated. Childhood is brief, and the influence of these books and stories is far greater than you would guess.



Sam Weissman

UPDATE ON EAR INFECTIONS

When is an earache not just an earache? Well, one or two bouts of otitis media (OM)—infection and inflammation of the middle ear—are not considered serious. But in almost one third of all preschool children, the condition tends to recur several times a year along with an accumulation of pus, mucus and other noxious fluid in the middle ear (the small chamber located behind the eardrum). When this happens, the disease is called otitis media with effusion (OME).

It is this effusion—the tenacious, gluey fluid that fills the passageways and obstructs sound waves—that poses the chief threat. Despite proper treatment with antibiotics, the fluid can linger for weeks, even months, accompanied by a persistent or fluctuating hearing loss. If the fluid is not noticed and the condition professionally treated, it may have serious consequences: OME is the leading cause of acquired hearing loss in American children today. What's more, frequent episodes of the disease accompanied by hearing loss can substantially contribute to learning disorders.

The normal acquisition of language depends, of course, on being able to hear. Unfortunately, the first few years of life—the critical period for language learning—is the time when incidence of OME reaches its peak.

It was once thought that because the hearing impairment that accompanies OME is usually mild to moderate, the consequences were not particularly serious. Now, however, in several new studies supported by the National Institute of Child Health and Human Development (NICHD), researchers report a "very significant relationship between otitis media with hearing loss and subsequent language delays and disabilities." And *(continued on page 194)*

For more news, turn the page

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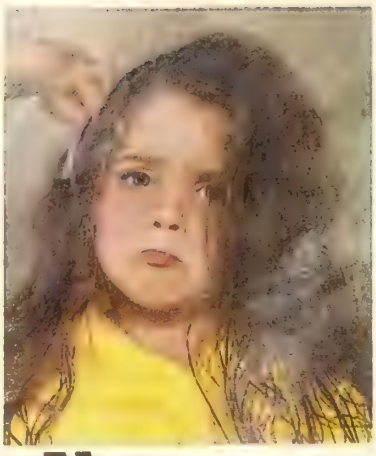
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UNDERSTANDING KIDS

BY LAWRENCE BALTER, PH.D.

Dr. Balter is a practicing psychologist and a professor at New York University. He also hosts a call-in radio program on WABC Talkradio for questions about child rearing and appears regularly on The CBS Morning News. *He is the author of* Dr. Balter's Child Sense, *published by Simon and Schuster.*

Q *My neighbor recently walked in on my son and her daughter, both five, with their clothes off, examining each other. She scolded them both and sent him home. Now, I certainly don't want to encourage sexual activity, but I also don't want my son to think sex is dirty. How shall I handle this?*

A No matter how well prepared a parent thinks she is, discovering her child in a sexual activity can be unsettling. Although she may have intellectually acknowledged her youngster's curiosity about sexual matters, seeing it enacted makes it an undeniable fact. And that can be quite shocking. Perhaps that's what was behind your neighbor's scolding, rather than any wish to shame her child and yours.

Children were long presumed to be innocent—that is, naive and absent of sexual interests. I think most child-development specialists now agree that nursery-school-age children are extraordinarily curious creatures who are quite preoccupied with such issues as sex differences and the reproductive processes. Playing doctor is a game that has been around for centuries—it represents children's efforts to learn about these mysteries.

You can use this opportunity to begin a discussion of the subject of sex. You could explain to your son that his friend's mother was a bit extreme in scolding him. You might go on to say that since he's obviously curious about the difference between boys and girls, perhaps there are some things you can help him to understand. If he's not able to articulate questions at this stage, you may have to formulate some ideas to get the discussion started.

Use correct names for body parts and functions. If you're unsure, get a reference book to clarify matters for yourself. There are also many books especially for children on the subject of sex and where babies come from . . . but don't rely on these exclusively. They teach facts, not values, and you'll never know exactly how much your child knows—and what he understands—if he only reads a book. My suggestion is to rehearse your explanation until it becomes very matter-of-fact before attempting a discussion with your child.

Be prepared to talk about such things as reproduction and masturbation, and try to clear up any misinformation he has acquired. But be sensitive to what he can handle. Don't give him a full course of sex education in one sitting. He won't be able to absorb it, and it's likely to cause confusion.

You will also want to work out something with your neighbor. No matter what her specific views on the subject, I think you and she can agree that you'd prefer to prevent this activity. The only way to ensure that is by keeping an eye on the kids. No unsupervised play in secluded corners of the yard, and no playing in rooms with the door closed. If there is a repeat, and there probably will be, simply tell them calmly that we keep our clothes on around here, and then guide them to another activity.

PARENTING TIP

My daughter, aged four, was begging for pierced ears. My husband and I thought she was much too young to have her ears pierced. I found some small stickers that the children were putting on their fingernails. They come in all colors and shapes—dots, stars, diamonds, etc. We stuck them on her ears and she wears them as earrings. They stay on in water and for days at a time. She's happy because lots of people think she really has pierced ears.

—Mary Fieser, West Bend, WI

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What do WOMEN want?



FRANCESCA PELLEGRINO, 28
Health club manager, single

I want everything!—to be successful in my career, to have a successful relationship, to have a good time. I want to achieve as much as I'm able.



KATHY MASHER, 21
Homemaker, married

My husband wanted me to get a job. I tried it for two days and I quit. I just like staying home with my baby. All I really want is to be a housewife and a mom.



AUDREY HAFFER, 60
Salesclerk, married

I want peace in my lifetime. As long as I can get up each day and say Thank God I'm still here, healthy and happy—that's all I really want.

The most famous man to pose the question "What do women want?" was Sigmund Freud, but every day men all over the world are still trying to figure out the answer. In order to help those poor confused men, and to better understand ourselves, we polled women shopping and working on today's Main Streets, the malls of America. The women on these pages live in California, Missouri and New York. They shared with us their personal dreams and individual desires, yet we believe they speak as well for millions of women today.

Photographs and interviews by Carrie Boretz

KATHLEEN KELLEHER, 25
Security officer, single

Being in this job, I would love the respect of the men. But you can't just expect to get it. If I'm with a male security officer and a man approaches us, he will talk directly to my male colleague. It's irritating. When I walk around this mall, people say I look real mean and why don't I smile more? But I have to look that way or guys will tease me and ask me to arrest them. I don't think I want to stay in this line of work. Maybe I'll go into nursing.

I'm getting married soon, and I'm really looking forward to it. It probably sounds real corny, but I want to fulfill each of my days. To do as much as I can for myself and for him. But I'm ready for it. I used to feel empty, but my fiancé has filled that emptiness. I never would have believed it.



LEISA HAWKINS, 27
Shoe clerk, separated

I'm looking for a lot more simplicity and direction in my life. I have many different talents—makeup artist, singer in a band, composer—but I need to focus myself. I'm trying to find which one will make me the happiest. It really doesn't matter how much money I make as long as the choice makes my soul happy. I think it may come down to singing—that is really what I love.

I'm going through a divorce right now. My children are with their father, and I really miss them. But I felt that if they had stayed with me I couldn't find what I would like to do.

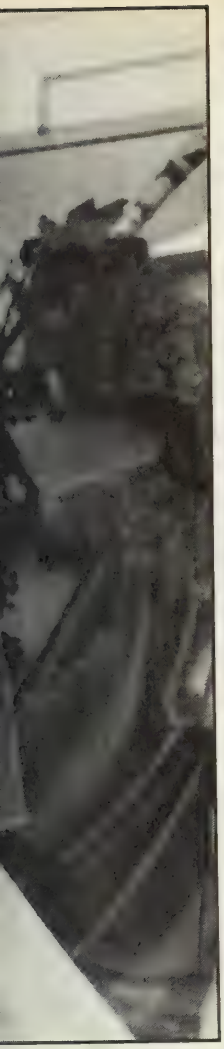
I've been through a lot. Finding out what you want in life can be fun but also devastating sometimes.





VERONICA TOKI, 24
Homemaker, married

I want six kids—and maybe then I'll stop. My husband and I are happy, but he expects me to just stay home and raise our kids. I accept it. There is nothing I can do. Sometimes, though, it makes me mad.









GALICIA DEL COLLIANO, 78
Widowed

I don't feel old except when I look in the mirror with my glasses on. I'm not happy in California, and I would like to go back to New Jersey, where I feel I fit in. There is more opportunity there for me to do what I want—designing theatrical costumes. I don't expect overnight success, but eventually it will come.

BETTIE STUMP, 49
Sewing machine store manager, married

I'd like to be happier in my marriage. I'd like my husband to be more involved with me and more interested in what I feel and think. But we've been married for thirty-one years, and I guess we are beyond that point.

Everyone tells me that my self-esteem is low. I'd like more. That would be something to work on. It's up to me to make it happen.

KATHLEEN O'CONNOR, 35
Marketing executive, single

I'd like to be respected. I'm very career-oriented, and I would like people to recognize that a woman can be intelligent and successful in business yet still be feminine. But I have found a lot of men feel threatened by a woman who does a lot of different things.

I'm thirty-five, and people ask, "How come you've never been married?" But had I married earlier, I don't think I would have grown to know who I am and what I can accomplish. Now I'm getting to the point where I want to settle down. I want to find a husband who's compassionate, sensitive and ambitious. Hopefully, the perfect guy will find me.



JUDY ZIEGELMAN, 42
Shoe store owner, married

I have three sons, and I would love them to marry girls who share our religion. They know how I feel, but it's not going to make any difference to them. I'm supposed to be open to change, but what can I do? I'm a traditional mother. I would like the family to be closer. That's what's really important, not the jewelry my husband buys me. I want my husband and kids to help me, not fight with me.



GWENDOLYN BOLDEN, 23
Restaurant cashier, single

I would love to marry a millionaire. I'm not saying money is life, I'm just saying I love money.

I have twelve brothers and sisters. There is one sister I don't get along with very well. I don't know why. I wish we could get along. I also wish my boyfriend wouldn't act so jealous around me. I'm not hiding anything.

I come across prejudiced people now and then, but it doesn't make me mad, because I have confidence in myself. No one is going to have it for me.

ASHA ALIKHAN, 18
College student, single

I look forward to doing my own thing, without my parents' guidance. I'd love a high-paying job and I want to keep striving in a career, so the man I marry will have to be pretty patient.

ALEXANDRA IVANICH, 18
College student, single

I want a great life, and to be really happy. I've become a lot stronger since my parents got divorced last summer. I just always want to be in control of my own life.





SALLY O'HALLARON, 43

Department store clerk, widowed

My husband was killed when I was pregnant with my daughter. I was so intensely in love with him when he died, and Denise was all I had left. Since then my daughter and I have always clung to each other and really love each other. I enjoy being with her and would just as soon go out with her as with anybody. But it would be selfish of me to hang on to her. It was extremely difficult for me to have her go away to college, but it was very important to her.

It's the same with my religion, Catholicism. God gives us someone for a while and when He sees fit to take him, He does. But if I had one wish, it would be to have my husband back. It's still not easy, even twenty years later. I was brought up to believe faith is a gift, and I'm very lucky I have it. Otherwise I never would have gotten through all that I have. It's the only consolation.



FLORENCE WHITLEY, 65

Candy saleswoman, married

I would like peace and happiness for my family. My husband and children always come first. For myself, I'm perfectly content with the way things are. But I'm not a person who requires the finest or the best. If I can't have the best, then second-best is okay. I'm not the most glamorous person. I feel fortunate, though. I haven't had a mixed-up life like most people nowadays.

I worked for a group of doctors for seventeen years, and when I retired I found out I needed something else. That's why I have this job. I love to be around people—I really enjoy them.

PEBBLES GALLOWAY, 21
Fabric saleswoman, single



I'm looking for a good man. I would love to have a relationship based on trust and honesty, but I'm wary. I'll check out some guy and wonder, Is he a bum? I'm looking for a relationship with trust and honesty. I would love a man to tell me what's going on in his mind and what he's really feeling.

I'm a single parent and I love my daughter, but she wasn't planned. If I could do it all over again I would have had her ten years from now. I desperately want to go back to school. I want love and security, but right now my baby needs me, so I have to see to her needs first.



KAREN OWENS, 23
Secretary, single

I want to be equal to men in the business world. But I'm a very honest person, and in business that's not always an advantage. There's a lot of back-stabbing that goes on. I've had to toughen up.

I've been working since I was sixteen. Now I have to decide whether I want to start another career or continue as a secretary.

I'm not ready for a husband or a family. I feel like I have to know what I want and who I am before I get attached to anyone.

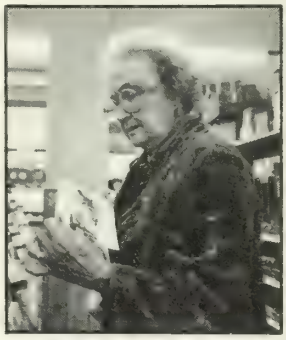


JEANNIE TRIDER, 38
Beautician, married

I just want to be comfortable and content. I love people, but you can get hurt.

I've been in hairdressing for twenty years. Every customer I have is a friend. I have a great deal of respect for them and I get a lot back.

I also breed tropical birds, and I'd like to become one of the biggest breeders in the Midwest. But I take life one step at a time. And no matter how much money I make, I'll still be standing here doing Peggy's hair.



CATHERINE BRUMMER, 72
Widow

I want to enjoy my children and grandchildren and my friends. As you get older friends are more and more important. To have good friends you have to be a good friend yourself. One more thing—I'd like a good ice-cream cone. I haven't had one in years.

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HELP! FIRE! HOW TO SAVE YOURSELF

Advice on getting out of a burning building and preventing fires in the home. By Katy Koontz

ach year, there are more than five ousand fire-related deaths in the U.S. -most of them the result of smoke in- alation and panic. To help you learn e proper procedures to follow if you're ught in a fire, we spoke to Jamie aines, of the National Fire Protection ssociation, in Quincy, Massachusetts.

Q How can you best protect yourself from being trapped in a fire?

A Be prepared. Practice fire drills in your office and home and look for fire exits and floor plans in otels, restaurants, theaters, stores and her public places as soon as you go side. Note, too, which way doors open.

Q How do you conduct a home fire drill?

A Make a list of all the possible exits from your home, including at least two ways to leave ch room. Be sure each exit opens eas- y and is free of clutter. Choose one imary exit and at least one alternate it, and select an easy-to-remember eeting place outside your house, close the area where the fire department ould arrive. Go over the plan care- lly with each member of your family. ractice using the escape routes for ch room and prepare for different sit- ations. Conduct fire drills at least nce every six months.

Q What's the best evacuation procedure?

A Fire spreads with lightning speed, so don't wait for anything, including getting dressed or gath- ring valuables. Feel any door before you pen it, and if it's hot or if smoke is ouring in, try your second exit. But if the or feels cool, go ahead. If you find your- lf surrounded by heavy smoke, crawl as ose to the ground as you can and, if pos- ble, hold a wet cloth lightly over your ce. Try to stay calm since anxious, fast reathing uses up extra oxygen and could cause you to pass out before you escape. Never return to a burning building.

Q What should you do if you find it impossible to escape from the room?

A Stuff towels or clothing (preferably wet) under the door and around any air vents. Open a window to let in fresh air (close it immediately if smoke starts rushing into the room). Call the fire department if you have access to a phone—even if fire fighters are already there—to explain exactly where you are. If you can't call and you're in a high-rise building, use anything that will show up on glass, such as lipstick or soap, to write your floor number on a window. Then wave a towel or sheet out the window.

Q Are there special precautions for evacuating a public building?

A Stay away from main exits, where there are likely to be crowds of panic-stricken people, and use a secondary route. Use stairwells, never elevators, to escape. Close doors behind you to keep the fire from spreading. In a hotel, take your room key with you so you can return to your room if all exits are blocked. If you're trapped in the building, go to the roof.

Q What should you do if your clothes catch fire?

A Stop immediately, drop to the ground, cover your face and roll to smother the flames. Don't run—it will only fan the fire and make it worse. (Help others by throwing water on them if possible.) When you get to safety, put cool water on any mild (red) burn. If the skin is white, charred or brown, go to the hospital.

Q When should you use a fire extinguisher?

A Fire extinguishers work best when the fire is small and self-contained (for example, in a trash can). Spray in a sweeping motion and aim at the base of the flames. If the fire spreads, get out of the building and call the fire department.

FACTS TO FILE

To protect yourself from fire:

- Install a smoke detector outside each bedroom, and at least one on every floor.
- Test smoke detectors weekly.
- Always sleep with the bedroom doors closed.
- Don't smoke in bed.
- Teach fire evacuation procedure to baby-sitters and relatives in your home.
- When cooking, turn pot handles in from the edge of the stove, avoid wearing clothing with long, loose sleeves, and tie up long hair.
- Remove from stove all materials that could catch on fire.
- Don't overload the electrical outlets in your home.
- Check electrical equipment for frayed cords, and replace immediately.
- Have your chimney cleaned regularly by a professional.
- Always discard ashes and cigarette butts in the toilet.
- Keep portable heaters at least thirty-six inches from bedding, drapes, furniture and busy areas of your house.
- Don't store items near your furnace or heater.
- Use a flashlight instead of a match or cigarette lighter to see in a dark closet or attic.



The BLUE EYES

BY ISAK DINESEN

Twenty-six years ago, Ladies' Home Journal *first published this very special love story of devotion and deceit by the extraordinary author whose own passionate story is told in* Out of Africa

A hundred years ago there lived in Elsinore a young skipper who was much in love with his beautiful young wife. By the time when, with skill, hard work and good luck, he got his own ship, he named it after her: Pretty Petrina; and he had a figurehead made for it in her likeness, in pink and blue, like that Sunday gown of hers which he had once brought from Madeira, and with that long hair which his wife hid demurely underneath a small white cap, floating behind her as if blown backward by the wind, and painted bright yellow.

He was very proud of and pleased with his figurehead. "Is she not lovely?" he asked his wife. "Ever in front of me, leading me on, she treads the high waves as in a dance. She braves the gales and the blizzards, and laughs into the salt foam. The wild sea birds are her playmates, and I have seen her with a kittiwake on the top of her head."

But his wife was jealous of his figurehead. "That is what a man is like," she said. "The woman who turns her back to him, and runs away from him, her he will love and run after. But the faithful wife who waits for him in his house, keeps his home *(continued on page 154)*

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WHEN YOUR KIDS NEED YOU TO LISTEN



Tom Arma

Being the best parent you can be means knowing when to pay attention to your children—and understanding the real message behind their words. By Olie Westheimer

Karen, the mother of eight-year-old John, recently realized that her son doesn't always mean what he says. "When John says, 'I hate Billy. He's so stupid' or 'I hate Donny. He thinks he's so great,' I know now that what John really means is something like 'I had a fight with Billy' or 'I'm jealous of Donny because he's better than I am at baseball.' Before I realized this I used to respond, 'Now, John, you know it's not polite to say you hate someone.' Of course, by giving him a lesson in manners when what he really wanted was some support from me, I only made him feel worse."

John is typical of kids in the five-to-eleven age bracket. Often children in this age range don't clearly indicate when something is bothering them or exactly what it is.

Thus, learning to recognize the signs and words children use to express suppressed feelings of sadness, worry, confusion, fright or any other emotional unease is one of the most difficult parenting tasks. The effort can be complicated by the fact that kids in this age group appear to be so satisfied and *(continued)*

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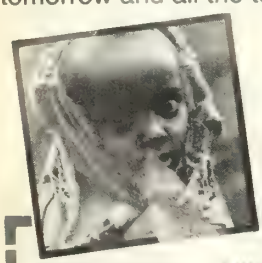
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WHEN YOUR KIDS NEED YOU
continued

easygoing, especially when compare with preschoolers, who are continual frustrated in their attempts to mast the developmental challenges of the first few years, or teenagers, who a trying to cope with the physical an emotional growing pains of adole cence. In fact, the years from five eleven appear to be the happiest, lea turbulent period of child development

However, over the past fifteen yea psychologists have discovered that th golden age of childhood is not as quie cent as parents and child-developme professionals once assumed.

"We know now there's a lot going developmentally and emotionally this period," says Robert Haggert M.D., president of the William T. Gra Foundation, which funds research the emotional problems of childre "It's not as serene a time as it seem Kids go through lots of emotional u heavals with their peers, in adjustin to school and to teachers, and in sep rating from their parents. People ou side the family are putting new soci and intellectual demands on the kids, and we figure about fifteen pe cent of them just don't adapt very wel We know from psychological studie that these years can be quite stressfu even for the majority of kids who see to sail through beautifully."

Yet many parents don't realize the need to be on the lookout for problem With young children, parents have li tle need to play detective. Infants l grown-ups know in no uncertain term when they are upset, and toddlers, to communicate their feelings qui straightforwardly. Parents becom adept at interpreting the signals an words and responding to them.

But when children reach four five—about the time parents begin t feel pretty confident they know wha is happening to their kids—many them become much less outgoing tha they were when younger. They carry o real conversations and may sound quit adult, and this in itself can be a hin drance. "The reason it is so difficult t know what is on a child's mind," ex plains Ildiko Mohacsy, M.D., assistan professor of child psychiatry at Mour Sinai Hospital Medical School, in Ne York City, "is that children hav learned to hide their feelings. They ar capable of pretending."

How can parents ease a child's dis tress when there may be no obviou indication that something is wrong Parents must learn through experienc to read signals from their children Some mothers say they've discovere over the years *(continued on page 174*



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TRAVEL TALK

A royal Caribbean villa for rent, tips for vacationing on your own, and horseback riding in Hawaii.

By Lois Reamy



Like many other single women, Carol, a thirty-four-year-old psychologist, was apprehensive at the thought of vacationing alone. "Whom will I have dinner with?" she fretted. "Will other people think I don't have a friend in the world?" That's why the greatest pleasure from her trip to the Caribbean island of St. Martin was discovering that she was able to enjoy a solo vacation.

Carol chose St. Martin, which has a Dutch and a French side, for its thirty-two glorious beaches. A woman at the desk of Carol's small, friendly hotel in the beachfront town of Marigot invited her to a dance. There she met people eager to show her the island. She also became friends with some guests at the hotel.

Her tips for single vacationers:

- **It's natural to be nervous about taking a holiday alone. But be honest with yourself. If you don't like going to a movie or dinner alone at home, you won't be comfortable vacationing on your own.**
- **Do some research. Find out about the place beforehand so that you'll have plenty to do.**
- **Brush up on the language spoken in the place you'll visit.**
- **Don't stay in a honeymoon hideaway; select a hotel where you can meet people. Make sure the hotel offers activities you can do by yourself, like swimming, snorkeling or sailing.**
- **Ask about local activities. Rent a car so you can explore.**

Contact the French West Indies Tourist Board (610 Fifth Avenue, New York, NY 10020; 212-757-1125) for information about St. Martin and its hotels, including the new nineteen-room Hotel la Résidence in Marigot.

continued on page P.S. 12

THE SMART TRAVELER

In beefing up their security procedures, many airlines and airports have recently pushed up their required check-in time (some to at least two hours before flight time). Ask your airline what time you should be at the airport and go even earlier to allow for the time-consuming examination and identification of luggage and other tie-ups (especially for international flights).

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WOMEN GETTING AHEAD

How to negotiate a good salary, get the best job title and project the right image at work. By Shirley Sloan Fader

Q HOW MUCH $$$ TO ASK FOR?

Is it worth taking a chance and asking for a high salary during a job interview—or am I likely to lose out entirely by asking for a lot?

A Turn aside questions of salary by saying you must explore the responsibilities of the position. Wait until you have a definite job offer. Then you have some power. At that point, says psychologist Brenda Major, of the State University of New York, you do best by asking for a high, but realistic, salary. Major and her colleagues discovered that trying to make yourself look like a bargain works against you. You may get the job—but at a much lower salary than you could have received.

Q GIVING ADVICE

My present boss is struggling with a problem that my former boss had solved. Do you think she will resent it if I suggest that she try my old employer's methods?

A Although every boss is likely to be annoyed by your quoting your old boss, you can make yourself useful and pass on the data in a tactful way. Mention it as an approach to the problem that you've heard about and ask, "Do you think it might work for us?" That leaves your current supervisor free to appraise the possibilities of the idea and perhaps adopt it.

Q WHAT'S A TITLE WORTH?

I've been offered a promotion on a probationary basis to acting manager of my department. When I asked to be called manager, my superiors told me I was being silly about a trifle. Do you think it's worth insisting?

A Yes. Your title will affect your chances of success in the job. Others will see the title of acting manager as a sign that you're only temporary. It will lessen their respect, cooperation and effort. If you have the title of manager, they'll know you're the real new boss and that keeping their job depends on performing well for you. And their good performance will make you look effective as a supervisor.

Point out to your superiors that all new employees brought in from outside go through a probationary period but are given their complete title immediately. Tell them you want them to do the same for you. In any job, always strive to obtain the highest title possible. Even if it doesn't work out, you then can job-hunt using your upgraded title as an aid.

WHAT THEY'RE SAYING ABOUT US



Before you decorate your work area with family photos, be aware that co-workers—women as well as men—will often react unfavorably. Many people believe a woman who displays such photos is more concerned about her family than her job. It's unfair, but such pictures on a man's desk lead co-workers to think of him as solid and responsible.

Business expert Dr. Natasha Josefitz points out in her book *Paths to Power* (Addison-Wesley, $7.95) that women have to be on guard against this kind of double-standard thinking—and are often guilty of it themselves. Josefitz also says that men with cluttered desks are usually perceived as hard workers, while women whose papers are piled high are seen as disorganized scatterbrains. A man leaving his job for a better position is said to be ambitious; a woman in the same situation is thought undependable. Josefitz suggests we can make our work life more pleasant if we stop denouncing women for actions that men are praised for.

VISITORS AT WORK

Even in super-casual work places, you're making a mistake if you allow friends to drop in for a social chat, says George Mazzei in his book *The New Office Etiquette* (Pocket Books, $5.95). No boss is pleased with that kind of behavior. Mazzei says that having someone pick you up for lunch or for an after-hours date is fine. But if friends arrive during your working hours, he suggests that either you or a co-worker politely explain that you're busy and can't talk to them.

Shirley Sloan Fader is a careers specialist and author of three books, including FROM KITCHEN TO CAREER: HOW ANY WOMAN CAN SKIP LOW-LEVEL JOBS AND START IN THE MIDDLE OR AT THE TOP (Stein & Day, Briarcliff Manor, NY 10510).

Picky Picky Picky



CHICKEN

POT ROAST CHICKEN, CHINESE STYLE Makes 4 to 6 servings

3 pounds frying chicken pieces
¼ cup Kikkoman Soy Sauce
2 Tbsp. vegetable oil
1 Tbsp. dry sherry
1 large clove garlic, minced
2 stalks celery, cut diagonally into ¼-inch thick slices
2 green onions & tops, cut in 1-inch pieces
1 Tbsp. cornstarch
2 Tbsp. Kikkoman Soy Sauce
1 tsp sugar

Rub chicken pieces thoroughly with ¼ cup Kikkoman soy sauce; let stand 15 minutes. Brown slowly in hot oil. Add sherry & garlic. Cover & simmer 30 minutes, or until tender. Remove chicken; keep warm. Add celery & green onions to pan, cook 1 to 2 minutes. Combine remaining ingredients with ¾ cup water; stir into pan & cook until thickened. Serve sauce & vegetables with chicken.

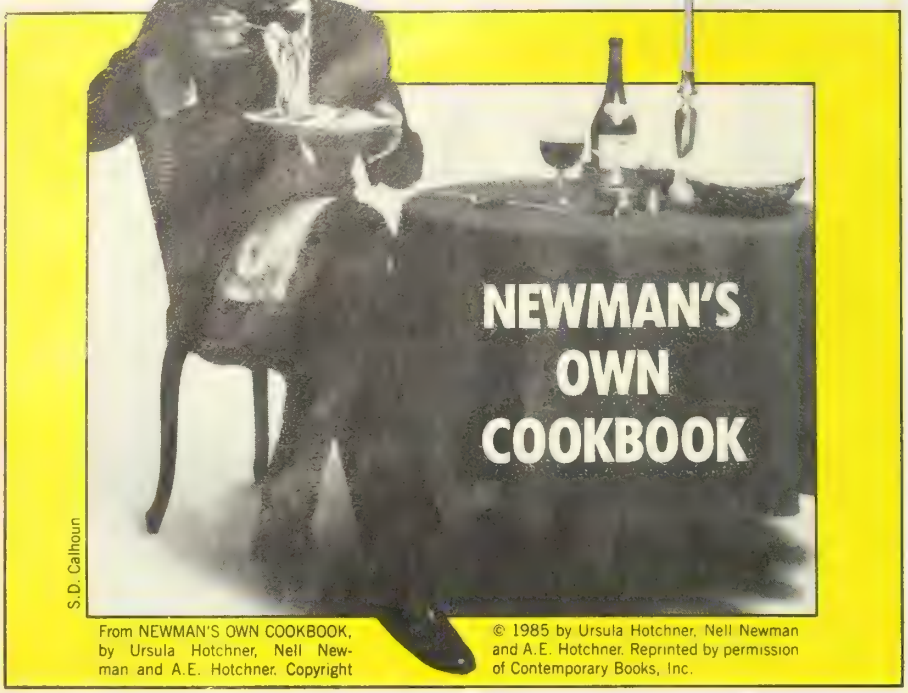
Good cooks are notoriously picky about their ingredients. So, when the recipe calls for soy sauce, Kikkoman is usually the one they pick.

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COOKING FOR TODAY



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Actor and gourmet cook Paul Newman presents some of his favorite recipes

CHILI CON CARNE

2 cups diced onions
3 garlic cloves, minced
1 green pepper, chopped
2 tablespoons salad oil
2 pounds ground beef
4 cups canned kidney beans
1 jar (32 oz.) Newman's Own or homemade spaghetti sauce
2½ cups water
2 tablespoons chili powder
1 teaspoon cumin
Salt and freshly ground pepper
1 cup chopped celery
1 can (7 or 8 oz.) whole kernel corn
Sour cream and lime wedges, for garnish

In large skillet saute onions, garlic and green pepper in oil until soft. Add beef and cook until browned. Spoon off fat. Add beans, spaghetti sauce, water, chili powder, cumin and salt and pepper to taste. Simmer uncovered 1 hour, stirring frequently. Add celery and corn; simmer 1 hour more, adding water if necessary. Garnish with sour cream and lime wedges. Makes 8 servings, about 625 calories each.

CHICKEN PARMESAN

6 chicken cutlets (about 1½ lbs.)
Freshly ground pepper
2 eggs, lightly beaten
½ cup all-purpose flour
1½ cups grated Parmesan cheese
2 tablespoons salad oil
2 cups Newman's Own or homemade marinara sauce
2 cups (8 oz.) shredded mozzarella cheese

Preheat oven to 350°F. Pat chicken cutlets dry and sprinkle with pepper. Dip in egg; dredge in flour. Roll in Parmesan. In large nonstick skillet heat oil over medium-high heat until hot. Add chicken cutlets and cook 1 minute on each side or until browned. Place in baking dish. Top with marinara sauce, mozzarella and any remaining Parmesan. Bake 30 minutes or until bubbly. Makes 6 servings, 565 calories each.

ZUCCHINI-CRUST PIZZA

3½ cups coarsely grated zucchini
¼ teaspoon salt
⅓ cup all-purpose flour
3 eggs, lightly beaten
⅔ cup grated Parmesan cheese
2 tablespoons plus 1 teaspoon olive oil
2 cups (8 oz.) shredded mozzarella cheese
2 tablespoons minced fresh basil or 1 teaspoon dried
¼ teaspoon pepper
½ cup Newman's Own or homemade spaghetti sauce
Choice of toppings: peppers, onions, mushrooms, etc.

Preheat oven to 350°F. Oil well a 12-inch pizza pan. In large bowl toss zucchini with salt; let stand 15 minutes. Squeeze zucchini in towel to remove as much water as possible. In large bowl combine with flour, eggs, Parmesan, 2 tablespoons oil, ½ cup mozzarella, basil and pepper. Spread in prepared pan. Bake 20 to 25 minutes, until browned. Brush with remaining 1 teaspoon oil and broil 2 minutes. Spread with spaghetti sauce, remaining 1½ cups mozzarella and any toppings. Bake 25 minutes. Makes 4 servings, about 515 calories each without toppings.

RISOTTO ALLA MILANESE

½ cup butter
1 large onion, chopped
1½ cups rice, preferably arborio
¾ cup dry white wine or water
4 cups hot water
2 chicken bouillon cubes
½ teaspoon salt
Pinch saffron
⅓ cup grated Parmesan cheese
Freshly ground pepper

In heavy saucepan melt butter over low heat. Add onion and cook until translucent. Add rice, stirring just enough to prevent sticking. Add wine. When rice has absorbed wine, add 2 cups hot water ½ cup at a time with bouillon cubes and salt. Increase heat and cook 10 minutes. Add saffron and remaining 2 cups water ½ cup at a time; cook, stirring gently, 15 minutes. Remove from heat and add Parmesan and pepper to taste. Makes 6 servings, about 375 calories each. **End**

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CALIFORNIA SALAD

- cups assorted torn greens (such as Green leaf lettuce, Romaine, Boston, Bibb and Chicory)
- cup watercress
- navel oranges, peeled and sliced
- grapefruit, peeled and sectioned
- medium avocado, peeled, seeded and sliced
- cups cubed Jarlsberg Cheese
- cup salad oil
- Tbsp. red wine vinegar
- Tbsp. chopped parsley
- small clove garlic, minced
- tsp. tarragon, crushed

large bowl, combine first 6 ingredients. In measuring cup, combine remaining ingredients. Blend well. Pour over salad. Toss to blend. Makes 6 servings.

OSLO MACARONI BAKE

1 lb. ground round
2 Tbsp. butter
1 cup sliced mushrooms
1 medium onion, chopped
½ cup chopped red pepper
1 tsp. salt
⅛ tsp. pepper
¼ cup butter
¼ cup flour
2½ cups milk
2 cups shredded Jarlsberg Cheese
1 can-16 oz. tomatoes, chopped
3 cups cooked rotelle pasta
1 can-8 oz. tomato sauce

In skillet, brown beef in butter. Add next 5 ingredients. Cook, till tender; stir often. Set aside. In saucepan, melt remaining ¼ cup butter. Add flour and cook, stirring, several minutes. Remove from heat. Gradually blend in milk; cook, stirring, until thickened and smooth. Stir in 1½ cups cheese. Blend tomatoes into meat mixture. Blend pasta into sauce. Alternate layers of pasta and meat mixtures in buttered 2 qt. baking dish. Top with tomato sauce. Bake at 350°F./35 min. Top with remaining cheese. Bake 5 min. longer. Makes 6 to 8 servings.

JARLSBERG VEGETABLE BISQUE

3 Tbsp. butter
3 Tbsp. flour
4 cups chicken broth
2 cups coarsely chopped broccoli
¾ cup chopped carrots
½ cup chopped celery
1 small onion, chopped
1 small clove garlic, minced
¼ tsp. thyme, crushed
½ tsp. salt
⅛ tsp. pepper
1 cup heavy cream
1 egg yolk
1½ cups shredded Jarlsberg Cheese

In large heavy saucepan, melt butter. Add flour and cook several minutes, stirring. Remove from heat. Gradually blend in broth. Bring to boil, stirring. Add next 8 ingredients. Cover; simmer 8 min. till vegetables are tender. Blend cream and egg. Gradually blend in several tablespoons soup. Return to soup and cook; stirring, till thickened. Blend in cheese. Serve. Makes 6 to 8 servings.

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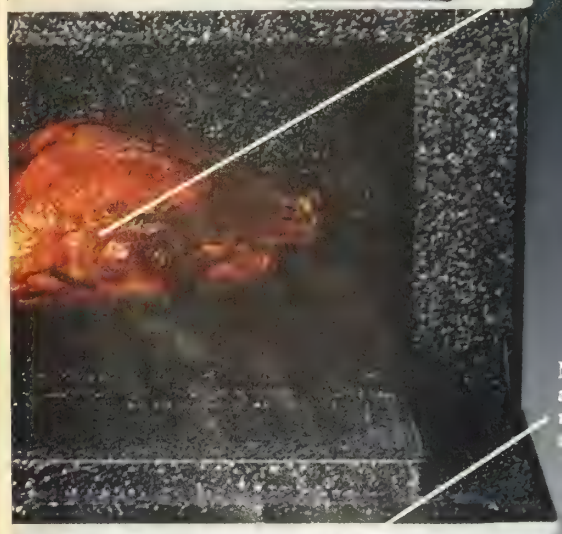


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FABULOUS BORDEAUX
THE KING OF WINES

o many connoisseurs, the wines grown in the Bordeaux region of — France are simply the greatest orld has to offer. They are also g the most expensive (too expen- or the average consumer to learn through trial and error). For those already know ove Bordeaux, ll as those who ust beginning cover the pleas- of this Rolls- e of wine, now particularly nate moment; 1982 vintage, h has recently ed in Ameri- vine stores, is perhaps the greatest eaux vintage of the century.



Anne Heimann/The Stock Market

E S T B U Y S

needn't take out a bank loan to a fine Bordeaux. Here are some rb 1982s at prices within reason:

ando Mallet A huge, concen- d wine, at about $12. Put aside un- 995.

t-Batailley This wine is ripe, al- sweet, with intense fruit, and a ain at around $12; drink in 1990.

Sales A subtle, richly fruity wine, nearly ready to drink now, about $11.

Meyney Loaded with fruit, this massive wine won't be mature until 1992. For about $10 a bottle, it's worth the wait.

Gloria This charming, gloriously fruity, spicy wine will be ready for drinking in 1987; now selling at about $9.

W H I T E B O R D E A U X

While most of the Bordeaux region is devoted to producing red wine, remember that Bordeaux makes white wine, too, including the world's greatest sweet wines. The most celebrated whites:

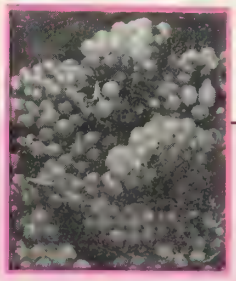
Chateau d'Yquem By general agreement, this is the most extraordinary sweet white wine to be found anywhere. Yquem also makes an excellent dry white wine called "Y."

Rieussec A sweet white wine of power and almost roasted richness.

Suduiraut This splendid sweet white wine is luscious and decadently rich.

Haut-Brion Blanc: Less well-known than the famous red produced at Chateau Haut-Brion, this dry wine is lush, intense, sometimes with a steely firmness.

Carbonnieux A medium-bodied, crisp wine, which, unlike other top-notch whites of Bordeaux, is reasonably priced and can be drunk young.



Roy Morsh/The Stock Market

OW TO STORE AND RVE YOUR BORDEAUX

ost Bordeaux need several years in the bottle to reach their potential. You'll have to consider how to store your e while waiting for it to mature (if you t *can't* wait, many Bordeaux from the od 1976 vintage are now ready to nk, and the fine 1981 Bordeaux are t far behind). Follow these rules:

- Keep the wine as cool as possible 5°F. is ideal, but 68–70°F. is accept- le). Do not store your wines in an ea where there are likely to be sudden anges in temperature. The storage area should be dark and odor-free. Make sure the area is not too dry, or the corks may crack, and the wine may deteriorate.
- Rinse your wineglasses before using them. An old Bordeaux should be decanted fifteen to twenty minutes before drinking; a lightweight vintage needs no time to breathe; A young vintage may be enhanced by opening the wine twenty to ninety minutes in advance.

Robert M. Parker, Jr., publisher of The Wine Advocate, *an independent consumer's bimonthly guide to fine wine, left the practice of law to study and report about wines.*

oted from the book BORDEAUX: THE DEFINITIVE GUIDE, by Robert M. Parker, Jr.. Copyright © 1985 obert M. Parker, Jr. Reprinted by permission of Simon & Schuster, Inc.



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LOOKING GOOD

Update your wardrobe and get inspired by a new haircolor or great springtime looks in sunglasses. By Constance Leisure

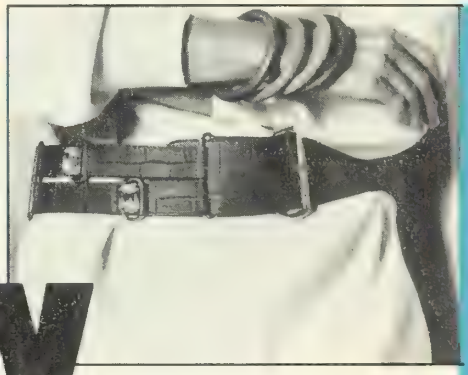


Ron Colby/The Stock Market

WHAT'S NEW IN SUNGLASSES

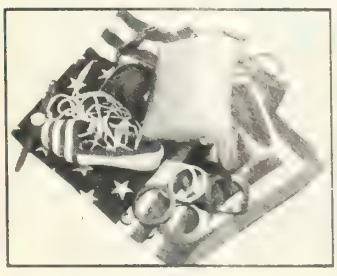
"You'll see a more horizontal, European-looking shape this season," says Richard Morgenthal, of Morgenthal Opticians in New York City, which specializes in the latest optical styles. You won't see oversize, clunky glasses anymore, but the side pieces will be wider and more dramatic. The harlequin frame that tilts up at the corners and accentuates the cheekbones will be popular again. And colors will be really beautiful this spring—pastels with silk or mother-of-pearl inlays, reds and other brights given texture with inlaid details, black frames flecked with gold. Also, ask your optician about new types of lenses that provide better protection from ultraviolet light. Lens color is important, too. For example, gray creates the least color distortion; amber-yellow gives you better vision at night or on misty days.

SPRING FASHION TRENDS



George Barkentin

What do our experts say will be the new silhouette for spring? Clothes are being designed to be worn much closer to the body—after all that exercise, it's about time we showed off! ■ Skirts will be shorter; shoulders will be defined but not boxy. ■ Pants styles will include skinny knits, pleated walking shorts, wide, cropped linen pants and very tapered classic styles. ■ Finally, waists are back. Belts this season are fabulous and rich, made of reptile skins in narrow to very wide, exaggerated styles. ■ Red, white and navy are popular colors this spring, as are brown and white. They're crisp, fresh and new-looking. Think of Chanel's traditional blues and whites—knits and spectator pumps, worn with important-looking strands of pearls. ■ Acid-bright colors and fruit and flower prints will still be fashionable on midsummer days. A sarong skirt with a matching bra top and a big shirt worn over it as a jacket is a cool, fresh look. ■ Above all, the classic look is hot fashion. Look for deeply V'd, draped and tied dresses and tops in luxury fabrics. Seasonless fabrics such as gabardine and knits will look sensational. Best accessories: hoop earrings, pearls and big chains, silver bracelets and large pins.



George Barkentin

A LITTLE COLOR— A BIG CHANGE

Have you heard of hair glossing, luminizing or cellophane color? These are all subtle color and conditioning agents that make your hair a little shinier, a little brighter and even add a hint of color. The change isn't drastic, but it can accentuate the positive in your hair color. For example, if you're a brunet, maybe you'd like more golden-brown lights in your hair so you look like you've spent a month at the beach. If your hair has too much red, you can tone it down. Want more red? Add some red highlights. The highlights look beautiful on blonds and redheads too. You may want to try Luminize by Clairol, which is applied for just five to ten minutes and combines a mild lightening agent with conditioners to give your hair a special sheen. "Luminize is for women who want a change but aren't ready to try permanent haircolor," says Leland Hirsh, haircoloring director of Nubest Salon, in Manhasset, New York. The change is just subtle enough so you can see definite improvement that will last eight to ten weeks, depending on how often you wash your hair.





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TRAVEL TALK
continued from page P.S.

A LUXURIOUS RETREA



Did you know that when Princess Margaret isn't using her flamingo-pink villa on Mustique, you can rent it? The five-bedroom house comes with a cook, maid and gardener and rents for about $4,000 a week off-season (April 16 to December 14). It is just one of thirty-two private homes for rent on this celebrity island, which is located in the lower Caribbean and cooled by trade winds, even in summer. Contact Resorts Management, 800-225-4255, except in New York State, 212-696-4566.

FAMILY FUN IN THE U.S.A.

You can ride horseback along the Maui coast to a campfire breakfast or skirt the rim of the rain forest at the Hana Maui. No dude ranch for dusty cowboys or campers, this is a tranquil luxury hotel on a 4,500-acre working ranch.

There are organized activities for kids plus a special family plan (four nights minimum): A double is from $235 a day, all meals included, plus $27 a day for each child under seven; and $54 for ages seven to seventeen. After the first child, there's an additional daily charge of $17 per child. Contact Rosewood Hotels, 701 Stone Canyon Road, Los Angeles, CA 90077; 213-471-7076.

Other great family action vacations are upscale bicycle trips—overnighting at top-notch country inns—arranged by Vermont Country Cyclers (P.O. Box 145, Waterbury Center, VT 05677; 802-244-5215), and tennis-tennis-tennis at the swank John Gardiner's Tennis Ranch on Camelback (5700 East McDonald Drive, Scottsdale, AZ 85253; 602-948-2100). It's a mountain respite in the desert, but there's plenty to do in Scottsdale and nearby Phoenix.

(Advertisement)

"My two skinny cousins had abandoned me..."

By Sharon Meyer, R.N., M.S.N.

You and I have never met. But perhaps we share a common problem.

When I was seven, I lived in Longview, Texas. ly two cousins and I were playing in a nearby emetery. Like kids do, we didn't realize how late it as. It was getting dark faster than we expected. In panic, my two skinny cousins climbed over the all that surrounded the cemetery. No problem. ut I couldn't make it. I was too heavy. Too fat. I ood there crying for over an hour, until a eighbor crawled in and helped me over the fence. ve never forgotten that experience. Nor have I orgiven the two skinny cousins who abandoned ie.

For years I was teased about my weight. The ids at school called me "Malt Shop". And the teas- g persisted even through high school and college. vowed that some day I'd cease being the ugly uckling. But I was 60 pounds overweight and it eemed almost hopeless.

Several years later, after I had completed my urses training, I was working in a hospital in orthern Georgia. Through a friend, I was in- oduced to Dr. J. Thomas Cooper, a physician who pecialized in helping severely obese people lose eight without being hungry or feeling deprived.

Obviously I was interested. So he allowed me to nroll in the program.

This certainly wasn't a "fad" diet. Not at all. It as totally different. There were no pills. No food ubstitutes. No herbal nutrients. No powders to ix. And everything I ate came right from our local rocery—all good wholesome food.

But the best part was that I wasn't hungry. Not the morning. Not in the afternoon. Not at night. was *always* eating. I ate six times a day. Three egular meals every day. Three additional snack eals every day. I laughingly complained to Dr. ooper, "There's too much food on this diet. I an't eat it all."

As the weeks went by, I began weighing myself very day. I was so pleased I could hardly believe ie scale.

Within 180 days I lost 60 pounds! I went from 193 lbs. to 133 lbs. I'm 5'7" with a medium frame, so that's just about right for me. I didn't want to become anorexic.

Since I was a nurse, I began helping Dr. Cooper monitor other outpatients who were on the diet. One 45-year-old woman began the program in the fall. Within two months she had shed 40 pounds! Like me, she experienced no hunger or feelings of nervousness. None at all.

Another outpatient—a 34-year-old man—began the program in April. By September he'd lost 76.6 pounds.

One 56-year-old Atlanta woman lost 39.5 pounds in just eight weeks. Again, no hunger, no loss of energy, no nervousness.

THE SECRET

The secret of Dr. Cooper's program is the *special combination* of foods you eat. You don't count calories. Only portions. These portions and combinations of food create a negative caloric process that continues all day long . . . a complete 24-hour fat burning cycle. Fat is burned away around the clock. Not just in unhealthy spurts and fits like many diets. That's why it lets you shed pounds so easily. And without hunger.

KEEPS YOU SLIM FOR YEARS

How many times have you shed 10 or 20 pounds only to find yourself regaining every pound within six months? That's the real problem.

The reason most people regain weight is that we're all creatures of habit. We all have "eating lifestyles". Our normal eating habits include three meals a day plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that. And that's why they fail.

With Dr. Cooper's program, however, you *continue your normal eating lifestyle.* You eat five to six times a day. You can snack when you wish. So when you lose the weight, you can keep it off. For good. Period.

Consider these additional facts . . .

- ☐ The Program is easy to follow. It fits easily into your busy schedule—even when you're eating in restaurants or with friends.
- ☐ The Program is healthy. It's high in essential fiber and roughage, low in fat, very low in simple sugars and has ample protein for anyone.
- ☐ There is no ketosis. No foul breath odor.
- ☐ Best of all, you'll be encouraged to eat a wide variety of foods. Meats like beef, ham, pork, chicken, fish and more. Great soups, great sandwiches, a wide variety of cheeses, fruits and vegetables. Even potatoes. But you must follow the specific menus and portion plan to make the program work.

As you can probably tell, I'm so excited about the program, I want to share it with you. So what would you do if you were in my shoes?

I've convinced Dr. Cooper to put everything—all of the menus, daily portions—the complete program (including the maintenance diet) into an easy-to-follow instruction package. Green Tree Press in Erie, Pennsylvania, is marketing it for us.

Our guarantee is simple.

1. Write your name and address on a plain piece of paper and enclose a check for $9.95, BUT POST-DATE IT 30 DAYS IN ADVANCE. That way it's not cashable by us or anyone for a full month. You can, in fact, stop payment on it any time during the next 30 days. It's not really money. So you'll be able to try the program—and lose weight—without paying a penny. There is absolutely no risk to you.
2. We'll send you the complete program immediately. Try it. If you don't begin losing weight—quickly and without hunger—simply return the materials within the 30-day period. WE'LL PROMPTLY RETURN YOUR ORIGINAL UNCASHED CHECK. NO DELAYS. NO EXCUSES.

Or, try the program for SIX MONTHS. If you're not delighted with the results, simply return it. We'll send you a complete refund.

This is the fairest way I know to let you TRY the program at no risk to you.

To order, send your name, address and post-dated check to me, Sharon Meyer, Green Tree Press, Inc., Dept. 990, 3603 West 12th Street, Erie, PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and Business references are available upon request.

AN IMPORTANT REMINDER...

As your weight begins to drop rapidly, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight loss program. Show him this diet. And be sure to see him periodically if you intend to take off large amounts of weight.

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READ THESE ACTUAL CASES...

- *Paula K. is 45 years old. She began the Cooper weight loss program in the fall. Within two months she shed 40 pounds—no hunger, not even a pang.*
- *Susan S. is 29 years old. She dropped 30 pounds to only 128.2 and maintained her new weight — even over the Christmas holidays.*
- *Ronnie B. is 25. He lost almost 60 pounds . . . from 227.2 lbs. to 168.4 lbs. Like the others he reported absolutely no hunger and absolutely no energy loss.*
- *William M. is a machinist in his late 40's. Both hypertensive and diabetic, he lost 22 pounds in only six weeks with absolutely no hunger.*
- *Patricia R. is a housewife in her mid-40's. She lost 33 pounds in five weeks. She ate so much during the diet that her sister, who saw her eating, began the diet three days later.*
- *Carl R. is 52. He lost 44.8 pounds in five months . . . again, no hunger or lack of energy.*

EASY AS 1-2-3

SUPER QUICK MEALS

Quick and classy chicken, salad with two peppers and a berry-topped pie. By Elizabeth A. Marks



Thom DeSanto

MENU FOR FOUR

***MADEIRA CHICKEN WITH PROSCIUTTO**
***RED AND GOLD SALAD**
RICE WITH PEAS
CRESCENT ROLLS
***STRAWBERRY CREAM PIE**
***Recipe given**

■ MADEIRA CHICKEN WITH PROSCIUTTO

Boneless chicken thighs cut the fixing time to nearly nothing.

In large skillet heat 1 tablespoon olive oil and 1 tablespoon butter or margarine just until butter stops foaming. Add 8 boneless chicken thighs and cook 7 minutes per side. Transfer to platter and keep warm. Drain all but 1 tablespoon drippings from skillet. Add ¼ cup chopped shallots, ¼ pound small mushroom caps and ¼ cup diced prosciutto; saute 2 minutes. Add ⅓ cup Madeira wine, stirring to scrape up brown bits. Add ½ cup chicken broth. Bring to a boil. Return chicken to skillet; cook over high heat 3 minutes or until sauce is reduced by half. Transfer chicken to heated serving platter. Stir 1 tablespoon chopped parsley into sauce. Remove skillet from heat and whisk in 1 tablespoon butter (no substitutions). Spoon sauce over chicken. Serve immediately.

GARLIC SAVVY

Choose garlic bulbs that are heavy and firm and have crisp skin; avoid those with soft or sprouting cloves. For easy peeling, crack cloves with the side of a heavy knife to loosen skin. The way garlic is used affects the flavor: Raw whole garlic is mildest; when minced, it becomes most pungent. Cooked garlic is sweet and much less potent. Store garlic in a cool, dry, well-ventilated place (not in the fridge—it will mildew).

■ RED AND GOLD SALAD

Tarragon dressing gives this festive salad extra zest.

In large salad bowl combine 1 head Boston lettuce, well washed and torn, and 1 red and 1 yellow pepper, both cut into thin strips. In small jar with tight-fitting lid combine 6 tablespoons olive oil, 2 tablespoons red wine vinegar, 2 teaspoons Dijon mustard, 2 teaspoons chopped fresh tarragon or ½ teaspoon dried, ¼ teaspoon salt and ⅛ teaspoon pepper. Cover and shake well. Pour over lettuce and peppers and toss. Serve immediately.

■ STRAWBERRY CREAM PIE

With a prepared crust, making this pie is a piece of cake.

Prepare 1 package instant vanilla pudding and pie filling according to package directions but use only 1 cup milk. In large mixer bowl beat 1 cup heavy or whipping cream until stiff peaks form. Add 2 tablespoons orange liqueur and fold cream mixture into pudding. Spoon filling into prepared chocolate cookie pie crust. Slice 1 pint strawberries in half and arrange decoratively on top of pie; place in freezer until serving time. Refrigerate leftovers.



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Master Blend. For smart shoppers who demand good coffee at a good price.

Taste a Sunny Place called Dole

Take almost anything you make. And take it a step better. A little Dole® pineapple makes a big difference—as it does with this unique, yet simple, chicken entree.

Chicken Costa Brava

- 1 can (20 oz.) Dole Pineapple Slices
- 2 whole chicken breasts, split
- 1 tablespoon vegetable oil
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 2 large cloves garlic, pressed
- 1 large onion, quartered
- 1 can (8 oz.) stewed or whole tomatoes
- 1 cup pitted ripe olives
- 1 cup pimento-stuffed olives
- ½ cup chili salsa
- 2 teaspoons cornstarch
- 1 red or green bell pepper, slivered

DIRECTIONS

Drain pineapple, reserve juice. Sprinkle chicken with salt. Brown chicken in oil. Combine spices; sprinkle over chicken. Add garlic and onion; saute. Add reserved juice with next 4 ingredients. Cover, simmer 25 minutes. Mix cornstarch with 2 tablespoons water. Stir into pan juices with bell pepper. Cook until sauce boils and thickens. Add pineapple. Heat through. Serve with rice. Serves 4.



Pineapple Capri Pound Cake

With a can of Dole Tidbits, you can make a simple, delicious dessert. Just spoon a little of the reserved juice over pound cake and top with whipped cream and pineapple tidbits.

For more recipes, send a stamped self-addressed envelope to: DOLE'S QUICK 'N EASY RECIPES, Dept. A 86, P.O. Box 7758, San Francisco, CA 94120.

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Add a little Dole. And taste where it takes you.







Phototeque

JOHN HUSTON REMEMBERS

Eve Arnold/Magnum

The noted director shares his memories of Hollywood's biggest stars—and the dramas that never made it onto film

By Christine Sutherland

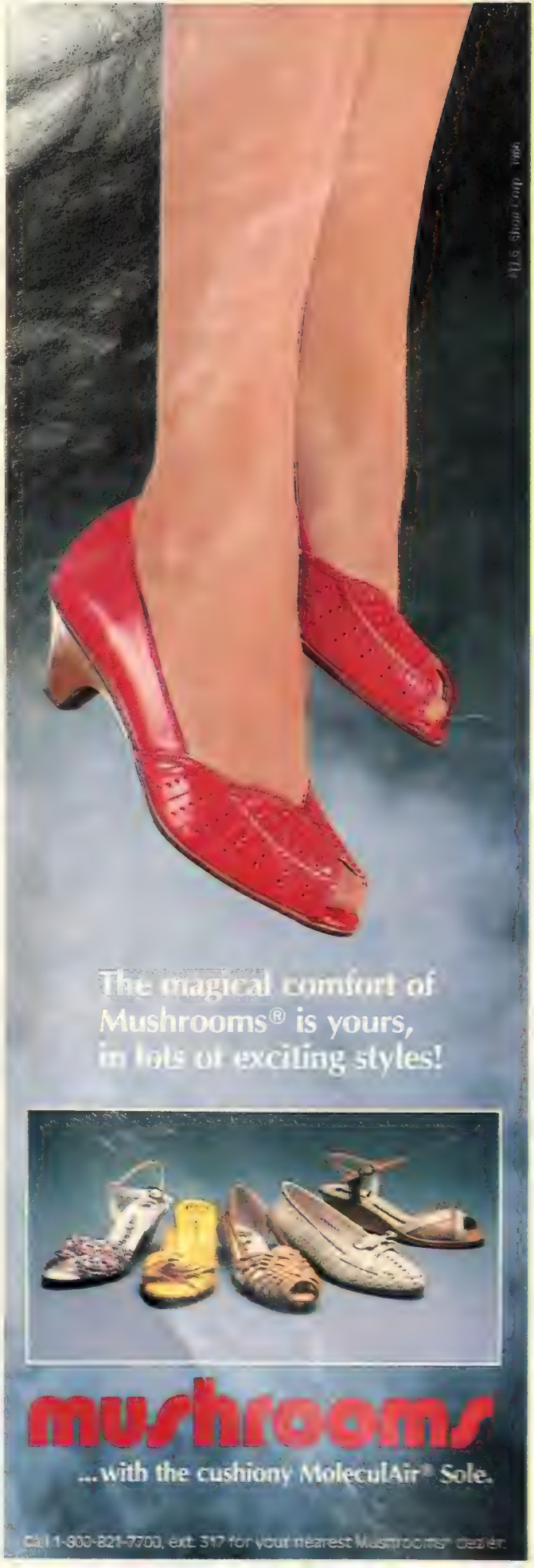
John Huston looks like a courtly, benevolent giant as he rests his powerful frame in a large chair in his Beverly Hills home. Dressed in a faultlessly pressed white shirt and pants, his eyes twinkling mischievously, he seems immensely alive and vigorous despite recent heart surgery and a recurring battle with emphysema. "I'm in terrible shape," says the noted director, who turns eighty this August. "A flight of steps is a climb up Mount Everest for me."

But John Huston refuses to quit. He reads scripts long into the night and takes daily swims in his pool. When he's at his jungle retreat in Las Caletas, Mexico, he swims in the clear, blue Pacific, past floating pelicans and iguanas sunning themselves on boulders. Huston's voice still has a resonant quality, combined with a kind of persuasive softness that has been described by actors as "melted caramel."

His authoritative tone has served Huston well over the years. After *(continued)*

***A list of actors this Oscar winner has directed over the last forty years is a who's who of Hollywood greats: Katharine Hepburn and Humphrey Bogart in the 1952 classic* The African Queen *(top right); Marilyn Monroe and Clark Gable in their last film,* The Misfits, *in 1961 (top left); and Huston's own daughter, Anjelica, and her longtime boyfriend, Jack Nicholson, in last year's hit* Prizzi's Honor.**


Catalina



JOHN HUSTON
continued

four decades of directing, acting and writing screenplay and with two Oscars (for directing and writing *Treasure of the Sierra Madre),* he still reigns as Hollywood's master moviemaker. His thirty-sixth feature film, *Prizzi's Honor*, is expected to bring him his third Academy Award, and go statues have been predicted for his daughter, Anjelica, Best Supporting Actress, and for Anjelica's longtime bo friend (and the movie's star), Jack Nicholson. It wouldn't the first time Huston had guided performers to acclaim; directed Humphrey Bogart in his only Oscar-winning ro in *The African Queen*, and has worked with and befriend some of the screen's biggest legends, including Marily Monroe, Katharine Hepburn and Richard Burton. As t Southern California sun poured through his living-roo window one recent afternoon, Huston took time out fro reading scripts to recount some of his memories of H lywood's best-known stars.

Humphrey Bogart

One of Huston's closest friends was Humphrey Boga whom he directed in six movies, including *The Malte Falcon* and *Treasure of the Sierra Madre.*

"Bogie had this uncanny ability to cut through compl questions and problems and strip them down to essentia Suddenly everything appeared simple. 'See, kid,' he wou say, 'this is the way to look at it,' and he was nearly alwa right, no matter whether the problem concerned financ for a new movie or a particularly complex love affair. He w also a wonderful host, whose hospitality went far beyo food and drink. He fed a guest's spirit as well as his body plied you with good will as well as with whiskey until y were drunk in the heart as well as the legs."

Yet Bogart, one of the screen's most rugged heroes, h another side that most people never saw. Huston remembe that despite Bogart's rough-and-tumble image, the act hated the idea of leaving the comforts of Beverly Hills a venturing into the wilds of the Congo to film *The Africa Queen* with Katharine Hepburn. Though he begrudging agreed to shoot the film on location, Bogart was never qui about his dislike for the setting. "Unlike Katie, who ador it, Bogie did not take to Africa," Huston remembers. "I did not like the humidity at all, and on top of that, the Ru River was infested with parasitic worms that cause dyse tery. Bogie announced that he would drink nothing but pu Scotch and eat only canned beans."

One day just before filming a scene in which Boga clambers aboard ship from a river swarming with bloo sucking leeches, Huston decided to play a joke on his ner ous friend. The props department had made plastic leech to use in the scene, so Bogart was rather concerned when saw Huston carefully filling jars with live ones.

"You're not going to use any of those on me, are you?" asked, horrified.

"Why not?" said Huston. "I want you to get an Oscar."

"I'll pass on the Oscar," Bogart snarled. "To hell with yo realism."

On the day the scene was shot, Huston covered Bogar body with plastic leeches, but he also emptied the conten of his jars into the river "just to give Bogie the extra dash realism," he remembers. The gimmick worked. Bogart w the Oscar for his portrayal of Charlie Allnut . . . but never returned to Africa.

Katharine Hepburn

"Katie has always lived meticulously by her own rules conduct," Huston says. "She is strict and correct. When started shooting *The African Queen*, Bogie did not get alo



ell with Hepburn, who struck him as rim. Sometimes Bogie and I would rite dirty things on her mirror with oap—childish things that always nocked her."

Proper or not, Hepburn loved Africa. uston took the actress big-game unting with him one day, "and from nen on, she was a veritable Diana of ne hunt," Huston recalls with a smile.

One morning, as they hunted in a thick orest in Uganda, Hepburn and Huston ame across elephant tracks. They froze ith fear and then carefully began to alk downwind so the mammoth aniıals would not pick up their scent.

"Suddenly the breeze changed and hey caught our scent and all hell broke oose. There were elephants going by ike train engines," Huston rememers. "You must not run under those ircumstances, because that only conuses the elephants, which are trying to et away from you. But if they're conused, they're likely to pick you up and hrow you away for good. I turned and ooked at Katie, who had my light rifle ip to her shoulder. She was going to go own like the heroine she is. Fortuately, those locomotives all went by is, and I breathed very deeply and viped the sweat off my brow. I was prooundly upset, but Katie wasn't shaken y the experience. It was a hell of a thing, my taking my star out, submitting her to that."

Clark Gable

"The extraordinary thing about Clark Gable was his sixth sense about the way a scene ought to be performed," Huston says. "An actor to his fingertips as well as a powerful screen personality, he always knew exactly what he was doing."

Huston directed Gable, Marilyn Monroe and Montgomery Clift in the 1961 film *The Misfits*. On two or three occasions, Huston stopped shooting and suggested ways Clark could improve his performance. "Ever courteous, Gable willingly did it my way, but each time I had to admit that I had been wrong and ask him to go back to his own interpretation of the scene," Huston recalls. "He was a joy to work with; a true professional, invariably on time and letter-perfect. Marilyn Monroe, on the contrary, was always late. Clark and I spent many hours together in his trailer talking and waiting for Marilyn to appear on the set. I remember Clark being shocked by her behavior."

Marilyn Monroe

It was Huston who gave America's greatest sex symbol her start. The director was looking to fill a small role in the 1950 film *The Asphalt Jungle*, when a nervous, eager young woman arrived at his office to audition. "Marilyn had already memorized the script, which called for her to be stretched on a sofa. There was no sofa in my office at the time, so she asked whether she could enact it on the floor. She kicked off her shoes, got down on the carpet, and acted out the scene with superb skill. Then before I could say anything, she repeated the performance. After the second run-through, she got up and nervously awaited the verdict. I told her, 'You didn't have to do the part twice, honey. You had it on the first reading.'"

Huston recalls being moved by the young actress, and feeling very protective of her. "You felt she was vulnerable and might be hurt, and she damn well was. I was very fond of Marilyn, but my memories of her are mostly melancholic, because of the tragic spectacle of her slowly destroying herself." He stares idly out the window and toys with a glass of water. "I remember that during the shooting of *The Misfits*, Marilyn and her husband, Arthur Miller, were at odds. I hadn't realized that until we were well into the picture. I was impertinent enough to say to Arthur that to allow her to take drugs of any kind was criminal and utterly irresponsible *(continued on page 171)*

What you must know about FIBROIDS

One out of five women has them, but what to do about them is still a hotly debated question in medical circles today

BY PAULA DRANOV

My new gynecologist had just finished examining me. As I sat up, he asked if another doctor had ever mentioned there might be something "abnormal" about my uterus. Puzzled, I shook my head. "You have a fibroid tumor," he said. "Your uterus should be this big." He used his hands to shape something about the size of an apple. "But it's larger." His hands widened—he was showing me a grapefruit.

I was more surprised than frightened. "You don't have to worry about cancer," he continued. "Fibroids are almost always benign." Since this was the first time he had examined me, he had no way of knowing whether the fibroid had already been there for some time or was relatively new and fast-growing. He wanted me to come back in three months for another examination.

How many of the hysterectomies performed each year are due to fibroid troubles?

I write about health and medicine often enough to have many reference books at home. Leafing through one of them later, I saw that fibroids are quite common—25 percent of women over thirty-five have them; 20 percent of women in general do—and they can be more than a just a gynecological nuisance. But the problem is, doctors don't always agree about the best way to treat fibroids—some routinely advocate hysterectomy for large fibroids, others say do nothing. I realized then that I had to find out a lot more about this condition—and the choices I might someday be forced to make.

Technically, fibroids are abnormal growths of muscle or fibrous tissue in the lining of the uterine wall. Usually they are an inherited disorder, explains Gideon G. Panter, M.D., assistant professor of clinical obstetrics and gynecology at New York Hospital–Cornell Medical Center. They are also three times as common in black women as in white women.

Do fibroids prevent conception or cause complications during pregnancy?

While fibroids don't usually appear until women reach their thirties or forties, they are probably present from birth as tiny clusters of abnormal muscle cells. No one knows why these cells eventually grow into tumors, but the female hormone estrogen seems to be implicated.

Fibroids come in various shapes, sizes and locations in the uterus, and while less than half of 1 percent become malignant, a fair number eventually become so big that they cause other problems—some serious, such as persistent urinary problems and profuse bleeding during menstruation, which can lead to anemia. Fibroids can also prevent conception by blocking fallopian tubes, and they can cause complications during pregnancy if they grow quickly, crowding the baby.

What role do red meat and weight gain play in the stimulation of fibroid growth?

Probably the most troublesome fibroids are the submucous variety, which grow in the lining of the uterus. Even small ones can cause profuse bleeding. Fibroids that grow on the outer surface of the uterus or within *(continued on page 168)*

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Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.

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Nutrition Insurance Update — No. 1:

THE AMERICAN FOOD SUPPLY IS THE WORLD'S BEST. YET, THE AMERICAN DIET IS OUT OF BALANCE.

HERE'S HOW TO REBALANCE IT.

American grocery stores stock somewhere between 35,000 to 50,000 different foods. Even so, national surveys show that millions of adults are not fulfilling their nutrient requirements through the diet. For instance, from diet alone:

- 42% of men, and 45% of women are receiving less than 70% of the U.S. RDA (Recommended Dietary Allowance) of Vitamin A.
- 30% of men, and 37% of women are receiving less than 70% of the U.S. RDA of Vitamin C.
- 38% of men, and 65% of women are receiving less than 70% of the U.S. RDA of Potassium.

In addition, significant segments of the population are getting less than 70% intak of calcium, iron and magnesium, a level at which nutritionists agree may indicate a serious dietary problem. The causes vary and include skipping meals, low calorie diets and a change in food shopping habits where convenience may be a more important criterion in food selection than nutrition.

Given the above, it's important that you help maintain a well-balanced diet. A few ways to do so are to:

- Eat foods from the traditional four food groups — fruits and vegetables; grain products; meat, poultry, fish and legumes and milk and milk products.
- Spend more time on comparative shopping, checking labels of food products about important vitamin and mineral information.
- Try not to skip meals, especially breakfast.

Further, since the goal of nutritionists is t insure optimum nutritional health — and not just the minimum — you might want to consider taking a vitamin/mineral supplement, such as Unicap M. By doing so you give yourself additional insurance for improving and maintaining the nutritional quality of the world's best food supply.

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Hair and makeup, Cris Galjour of Pipino-Buccheri. Model, Emlen of Click. Below: earrings, Ylang-Ylang. Left: earrings, Detail Accessories.



Jimi Giannatti

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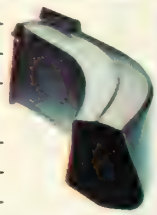
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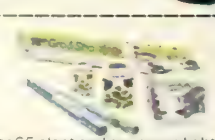
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The price of HEART-BREAK

LADIES' HOME JOURNAL

APRIL 1986



Tom Arma

EVERY WOMAN WANTS A PERFECT BABY. BUT WHEN A CHILD IS BORN BRAIN-DAMAGED, WHO'S TO BLAME? BAD LUCK OR BAD MEDICINE?

THIS IS THE STORY OF A MOTHER WHO CHARGED MALPRACTICE, THE DOCTOR WHO MAINTAINED HIS INNOCENCE, AND THE LAWYERS WHO TRIED TO SORT OUT THE TRUTH

BY MICHAEL WEISS

MEDICAL MALPRACTICE

The price of HEART-BREAK

For Susan Blatzer, the sticky summer heat of Jacksonville, Florida, was nearly unendurable. Twenty-three years old and nine months pregnant, she lumbered into her obstetrician's office in the early afternoon of August 17, 1981. Her due date had passed the day before, and she was understandably impatient. After carefully settling herself into an overstuffed chair, she anxiously began to twirl her fingers through her damp auburn curls.

The daughter of a Navy officer and a homemaker, Susan had been through the pangs of childbirth once before. Five years earlier, just after high school, she'd given birth to a son and had taken a job as a pharmacist's assistant to support him. It was across the pharmacy counter that she met Darryl Blatzer, a welder four years her senior, who was attracted to her dark curly hair and liquid brown eyes. A divorced father of two boys, he admired Susan's ability to cheerfully juggle work and single parenthood. When they married two years later, Darryl adopted her son, Shawn, as his own.

Now, as Susan sat in the waiting room, she recalled with a secret smile the evening when she told Darryl over dinner in their small two-bedroom apartment that they were going to have a child. "I was so happy, I cried," Susan recalls. "We were really excited about our first pregnancy together. And we both wanted to be there to enjoy the moment of birth." The couple attended Lamaze classes together to prepare for natural childbirth. "We'd learned that anesthesia could cause a sleepy baby at birth," says Susan, "and we wanted everything to be perfect."

A churchgoing Roman Catholic, Susan had been referred by a fellow parishioner to a venerable obstetrician. But when she learned that the physician no longer delivered babies, she began going to Dr. T. Michael Phelan, a young and respected obstetrician affiliated with the largest Catholic hospital in Jacksonville. During the monthly visits, she was comforted as much by her doctor's easy manner as by the sight of the hospital, just across the street from his office. "It was a good relationship," Susan recalled later. "He was pleasant, and I liked him."

As Phelan ushered Susan into an examining room that August afternoon, Susan expected a routine checkup before being sent home to wait out the labor. But much to her surprise, Phelan said that her cervix was already dilated four centimeters and that Susan was in the early stages of labor. After calling Darryl's shop, she slowly made her way to the hospital's maternity wing and was admitted at 1:20 P.M. She prayed that everything would go smoothly.

In Jacksonville's close-knit medical community, Mike Phelan, thirty-two years old, had impeccable credentials and was well known. His father, William, had practiced medicine in Jacksonville for thirty-five years, delivering thousands of babies and earning the community's love for his down-home warmth. Phelan, a lanky man with brown hair and boyish features, was the third of twelve children. In 1978, after completing Georgetown University Medical School and a three-year residency in Jacksonville, he joined his father in the sprawling suburban house that they'd converted into an office.

"IT WAS A DIFFICULT DELIVERY," THE DOCTOR RECALLS. "BUT I THOUGHT I'D SAVED THIS KID'S LIFE. YOU CAN LOSE A CHILD LIKE JOEL. YET I WAS BEING SUED."

From the start, Phelan worked hard to prove himself worthy of sharing his father's considerable practice. He put in long hours, spending evenings at the hospital, performing deliveries at three in the morning and staying up all night with emergency patients. When his wife griped about the missed

dinner parties and last-minute cancellations, he'd explain that he felt a commitment to his patients. Within two years, he had tripled the size of his father's practice, delivering nearly three hundred babies a year and earning an annual salary of $75,000.

To Phelan, Susan Blatzer was a typical patient: young, healthy, without a history of ailments. When Phelan's exam revealed the first signs of Susan's labor, the physician predicted an uneventful delivery. After sending her to the hospital, he remained in his office for several hours, seeing more patients. A little after four P.M., he walked over to the hospital, where he found an anxious father and a relaxed mother. Yet even after prepping and an enema, Susan had made very little progress toward delivery and remained in labor limbo. Her cervix was still dilated only four centimeters, and her contractions were a slow seven minutes apart.

Phelan sighed, mentally gearing up for a long night at the hospital. He confided to the Blatzers that he'd been invited to a sixty-fifth-birthday dinner party being held for his father that night, but he didn't mind missing

"JOEL'S LIKE A BIRD WHO CAN'T FLY," HIS FAMILY'S LAWYER SAYS. "HE ISN'T GOING TO PLAY IN LITTLE LEAGUE. HE'S NOT GOING TO GO TRICK-OR-TREATING."

it. "I'm not a big fan of my stepmother's cooking anyway," he joked.

At about five, Phelan broke Susan's water, hoping to encourage the baby's delivery. The fetal fluid looked clear—a sign that the baby was healthy. According to the electronic fetal monitor on Susan's abdomen, her contractions and the fetal heartbeat appeared normal. Within an hour, with still no progress, Phelan began to administer an intravenous solution of Pitocin, a common labor-inducing drug. And as the medication began to take effect an hour later, "Susan kicked into a real nice labor pattern," Phelan remembers. Soon, with Darryl by her side, Susan began pushing to move the baby into the birth canal. But the baby's position, with its face up, hurt Susan with every move. And without anesthesia, the pain was becoming excruciating.

At eight o'clock, the baby still had not moved, and Susan was wheeled into the delivery room. Phelan made an episiotomy incision and placed a vacuum extractor against the baby's crown, *(continued on page 183)*

THE TWO SIDES



THE FAMILY

Susan Blatzer, a young and healthy mother-to-be, had an uneventful pregnancy. But her son, Joel, now four and a half years old, was born with permanent brain damage. Susan and Darryl Blatzer accused their doctor of negligence and asked for $9.25 million to care for Joel for life.



THEIR LAWYER

An attorney relatively new to malpractice cases, Rodney Margol felt sure that the Blatzers' doctor had mismanaged Susan's labor. The doctor disputed this, but Margol said, "The logic and credibility of my clients led me to believe they were telling the truth."



THE DOCTOR

Dr. T. Michael Phelan, a respected and well-liked obstetrician, was shattered by the news that he was being sued. "I didn't do anything wrong," he insisted, and was adamant about fighting the lawsuit. But the trial took a serious toll on his personal life.

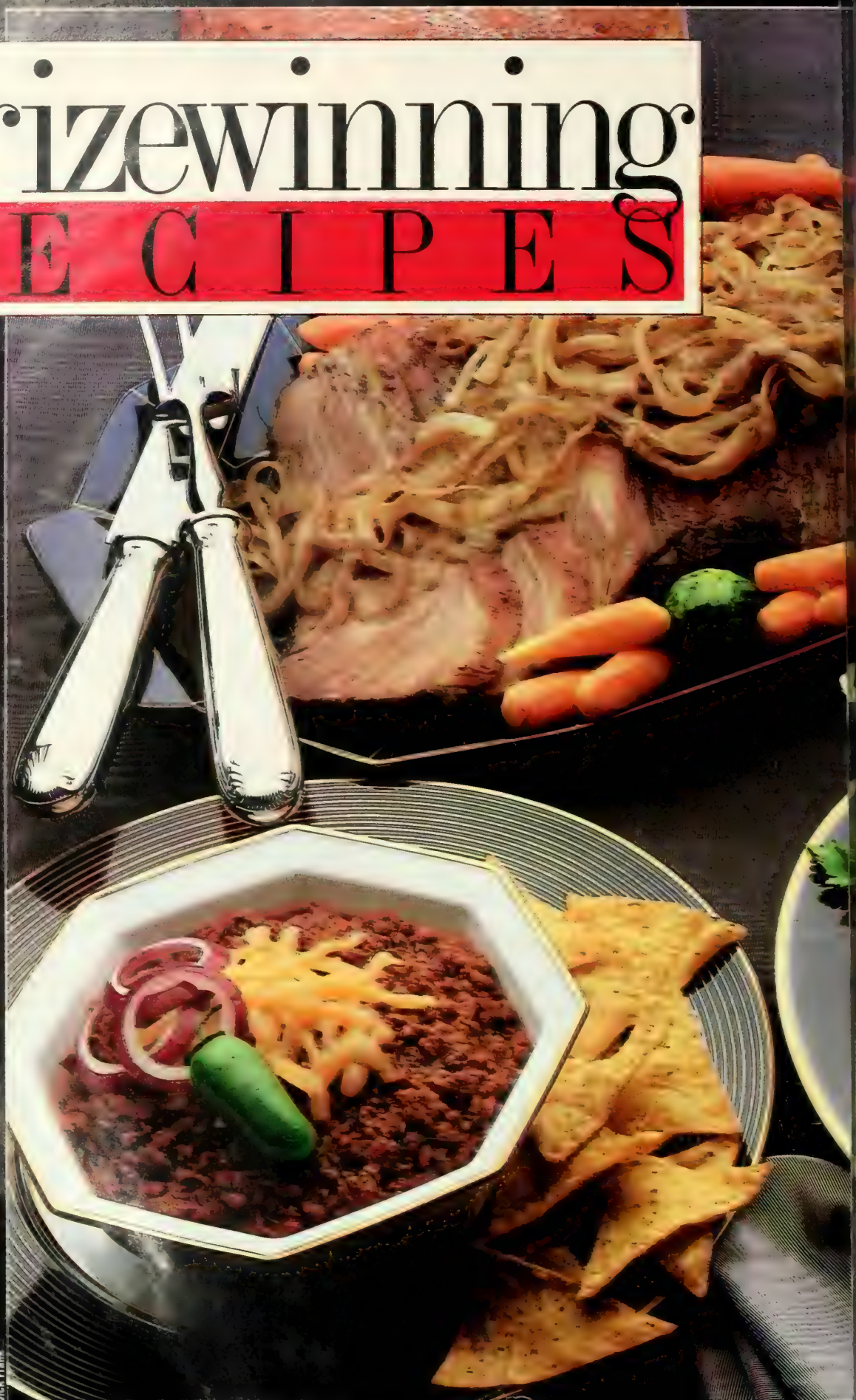


HIS LAWYER

James Rinaman, Jr., a veteran defense attorney, asserted that Phelan was without blame and that nature was responsible for Joel's fate. "Birth is traumatic," he said, and complications during delivery "were caused by a congenital development problem."

Tom Arma

Prizewinning RECIPES



Beef Brisket with Onions, National Beef Cook-Off winner, 1980

Bottom of the Barrel Gang Ram Tough Chili, World Championship Chili Cook-Off winner, 1984

Dick Frank



The Original Reuben Sandwich, National Sandwich Idea Contest winner, 1956

Chicken Dipper's Nuggets with Nippy Pineapple and Dill Sauces, National Chicken Cooking Contest winner, 1971

From the Pillsbury Bake-Off to the World Championship Chili Cook-Off to the Great Garlic Cook-Off, national recipe contests bring out the best in American cooks. Here, winning recipes from the best-known contests. Many have become classics, such as the Reuben sandwich and fried chicken nuggets, now a fast-food favorite.

By Jan T. Hazard, Food and Equipment Editor

Prizewinning RECIPES

Popular desserts like Tunnel of Fudge Cake (bottom left) and Pineapple Upside-Down Cake (not shown) were among the sweet victories. Recipes for these and other dishes, plus details on entering contests, start on page 144. You may be inspired to whip up a winner in your kitchen!

Researched by Patricia Cobe



Cranberry-Apple Cider Pie, Make It Better With Cranberries Contest winner, 1984

Tunnel of Fudge Cake, Pillsbury Bake-Off winner, 1966

Dick Frank



Maple Mousse Magnifique, Kraft Marshmallow Creme Easy Secret Ingredient Contest winner, 1982

Orange Kiss-Me Cake, Pillsbury Bake-Off winner, 1950

April in Paris

The best of spring's hair looks



Allors! What better way to usher in this most romantic of seasons than to come with *LHJ* to the fabled City of Light for a choice of utterly French ways to wear your hair? Everyone knows that the women of Paris have a certain *je ne sais quoi*. Why shouldn't you, too! Herewith, the newest cuts, some snipped off to the barest of little-boy lengths, some grazing earlobes or shoulders. Whatever your springtime whim, there's a winning look for you. *À votre beauté!*

By Lois Joy Johnson, Beauty and Fashion Editor

Above: Calvin Klein Classifications sweater. La Bagagerie bag. Opposite page: Adrienne Vittadini sweater; Tanis Kmetyk at Fragments earrings.

A tumble of curls

Mon Dieu! He saw her gazing at the Eiffel Tower, an April breeze riffling through her rippling mane—and his heart was hers. Wouldn't the man in *your* life be just as captivated by our tumult of waves (opposite)? How to: Build in body at roots of dry hair with an extra-control mousse; comb gel through swatch of dampened side-parted hair and shape waves with long clips. Blow-dry; brush gently. *Voilà!*

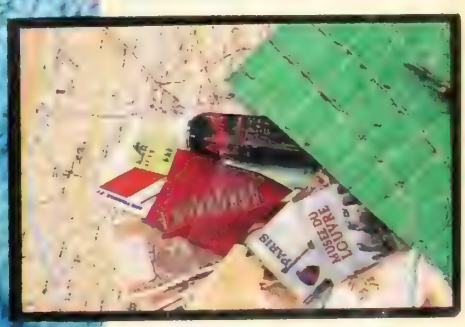
We used Alberto Mousse European Styling Foam Extra Control and Alberto Gelee.

Movie-star glamour

Picture yourself sitting at a little sidewalk café. You're sipping *café au lait*, looking so mysterious, yet so familiar, that passersby keep whispering "Who *is* she?" The secret of your head-turning good looks? Our right-now version of fifties silver-screen glamour. The eighties touch: Feathered layers swept forward, with no outdated teasing—just up-to-the-minute mousse for fullness and direction. The plus is that today's products, such as the mousse tucked into the travel bag below, never add a dull film. They actually encourage your hair to shine.

We used Alberto Mousse Extra Control.

Ross Whitaker



April in Paris



A classic revisited

Ooh la la! Here's a sultry French translation of the blunt cut. Paintbrush bangs play up come-hither eyes, and tapering along cheeks gives the cut movement. Tip: For a look that lets you love Paris (or anyplace!) whether it sizzles or drizzles, just comb mousse through hair, then blow-dry and finish with a light mist of hair spray.

We used Alberto Mousse Normal Control and VO5 Hard to Hold Hair Spray.



Ross Whitaker



Elfin charm

Où est la Place de la Concorde? The pretty tourist opposite top looks so darling with her gamine hair that she *must* be headed someplace special. Her 1986 rendition of the pixie look gets its charm from the softness of the shaping, with tendrils pointing up pretty ears and a graceful neck. None of last year's gel-hardened spikes —a shampoo and conditioner that add plumpness are all you need. Touchable hair is so much more, how you say, romantic, *non*? Bonus: Close-to-the-head hair *always* looks great, even during a workout. Lots of French ballerinas now eschew chignons in favor of this saucy alternative!

We used Alberto VO5 Extra Body Shampoo and Conditioner.

Boy, oh, boy!

Leave it to the French to turn a borrowed-from-the-boys cut into something flirty and feminine! The trick is to finger fluff the cap of curls so hair has a disarming tousled look. If you've been fighting naturally curly hair until now, here's your chance to let ravishing ringlets fall where they may. And if your hair is fine and straight, why not opt for a body-boosting perm? But if you do, be sure to indulge in a hot-oil treatment at least once every three weeks to keep hair healthy and pliant.

We used Alberto VO5 Hot Oil Treatment and Alberto Mousse for Permed or Color Treated Hair.

Hair, Alex Hilliard. Makeup, Mark Bennett Nahmias. Opposite, top: Malo Tricot Sweater; Steven Rosen bracelets. Bottom: Adrienne Vittadini sweater. This page: Fashion Development jacket; Ruza Creations pins; Steven Rosen bolo tie; Equipment shirt.

April in Paris

Geometry lesson

If you were a flower child in the sixties, you probably wore your hair long, straight and shiny as a ribbon. Now you can have the best of that style, with a French accent. Go for a thick thatch of bangs, plus a cheek-kissing layer at one side. Now you have a tri-level cut that's smart but playful. (Hint: For nonstop shine, slick on a bit of shimmery hair dressing.)

We used Alberto VO5 Hair Dressing.





Opposite, Calvin Klein jacket and bandeau top. Small photo, this page: Catherine Lover for Metropolis sweater; Stigi earrings. Large photo, this page: Adrienne Vittadini top; Hermes scarf; La Crasia gloves.



Ross Whitaker

À la Chanel

Coco would approve! And what could be simpler than hair sleeked off the face and punctuated with a classic bow? Leave a fringe of bangs to soften the face and you have instant chic.

We used TCB Non-Alkaline Super Detangling Shampoo and TCB Hair and Scalp Conditioner.

Frankly femme fatale

You have dense, straight, longish hair that's blunt cut—and boring. Should you have it sheared off for a newer look? Not necessarily. Maybe all you need is a fetching peekaboo curve. Work mousse into roots of damp hair; grab a hank; comb in gel; set with wave clips; blow-dry; bend over and spritz on hair spray for volume; flip hair back; smooth.

We used Alberto Mousse Extra Control and VO5 Hard to Hold Hair Spray.

PASTA

easy & elegant

Homemade pasta sauce doesn't have to take hours. Our party-perfect recipes can be put together pronto—while the pasta's bubbling. Then toss the two and . . . mangia! Recipes begin on page 148.

Large photo: Rigatoni with Roasted Peppers. Top row, left to right: Orange Fettuccine, Rotelle Siciliano. Second row: Spaghetti with Prosciutto and Porcini, Bows in Red and Green, Hazelnut Ziti. Bottom row: Pasta Spiritosa, Linguine with Shrimp Sauce, Capellini Alio Olio, Ditalini with Brie.

Irwin Horowitz

By Michele Scicolone

A visit with Barbara Mandrell



The public never knew how badly she was injured. Recently, Barbara invited the Journal to talk about her accident and meet her miracle baby, who gave her back the will to live

BY PHYLLIS BATTELLE



Country music superstar Barbara Mandrell's rigorous two-month, twenty-state concert tour is coming to an end April 29. It has been a courageous comeback after the shattering 1984 car accident that nearly ended not only Barbara's career but also her life.

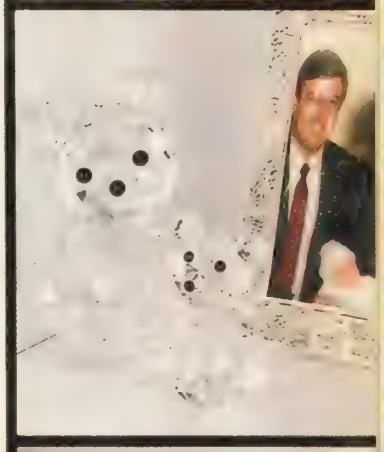
The public never learned about the severity of her injuries or the psychological transformation that followed. "My personality just totally changed after the accident," Barbara says. "I had always loved people, but for almost a year, all I wanted was to be left alone. I've been an entertainer since I was eleven, but I lost interest in my career. I didn't care if I never sang again!"

Then, last September 6, after a difficult and dangerous pregnancy, Barbara gave birth by caesarean section to her third child, Nathaniel. She calls him the miracle that brought her back. "I've only started to be a person again since the baby came," she says.

But Barbara still has a long way to go. A metal rod implanted in her right leg must be surgically removed after the multiple fractures have completely healed. She's only *(continued on page 156)*





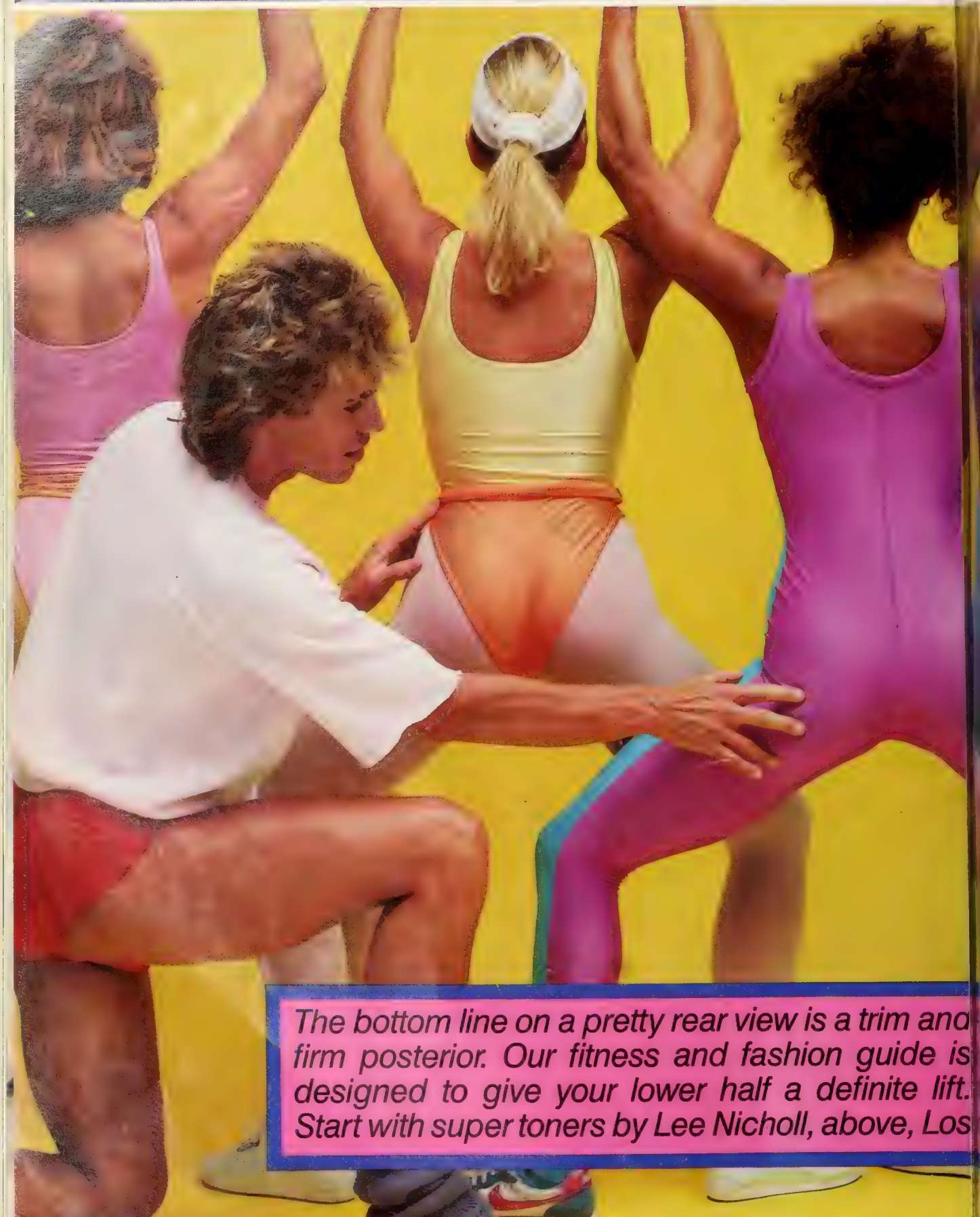






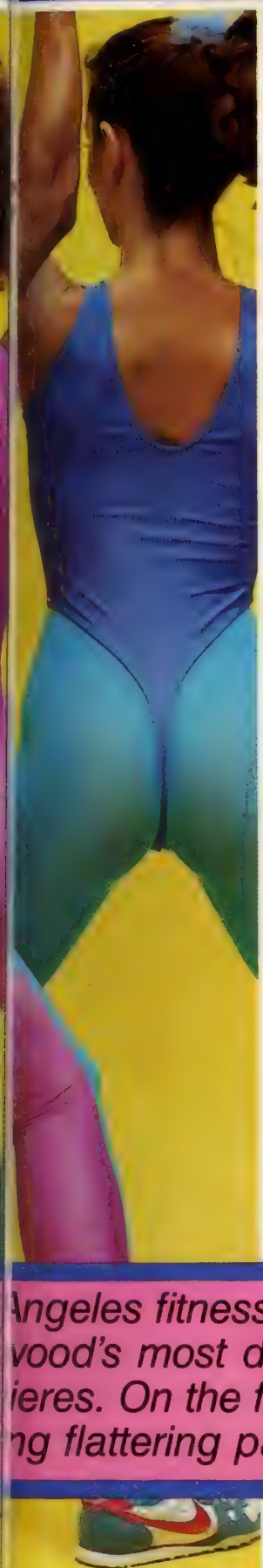
Nathaniel's nursery (left) is a cloud of white eyelet and embroidery overflowing with presents from Barbara's many friends and fans. Owing to Barbara's penchant for stuffed animals, teddy bears abound (top right), including two crystal ones given to her by friend Crystal Gayle (second from top). Prominently displayed on another shelf is a silver rattle from Brooke and Teri Shields (third from top). And a cross-stitch pillow from one of Barbara's ardent fans hangs on the door (bottom).
Comforters, sheets, pillowcases, bumper covers, in "Eyelet Hearts," a Celanese Fortrel polyester and cotton blend from Wamsutta. Schiffli embroidery fabric used for walls, ceiling and curtains. Interior designer, Tish Hooker. Photos by Tom Arma.

THE BETTER



The bottom line on a pretty rear view is a trim and firm posterior. Our fitness and fashion guide is designed to give your lower half a definite lift. Start with super toners by Lee Nicholl, above, Los

BOTTOM BOOK



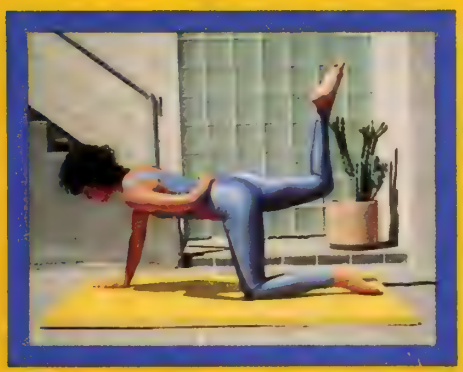
LEE NICHOLL'S SHAPERS WILL PARE OFF INCHES, ELIMINATE JIGGLES AND BANISH DROOP. BEGIN BY DOING EACH EXERCISE THREE TIMES A WEEK, WORKING UP TO FOUR OR FIVE TIMES A WEEK. WITHIN THIRTY DAYS YOU WILL HAVE A MUCH MORE WELL-ROUNDED BOTTOM.



1 Lie on back, feet flat on rug or mat, lifting buttocks and lower back off the floor, so your body is in a straight line as shown. Tilt pelvis upward, squeezing buttocks together at the same time; relax. Do 3 sets of 12 reps each, resting in between.



2 Assume exercise 1 starting position, but raise left leg as shown. Tuck pelvis in, squeezing buttocks together at the same time; relax. Do 3 sets of 12 reps each, resting in between. Repeat with right leg. (Too hard? Bend raised leg slightly at knee.)



3 Start on all fours. Then position right leg and left arm as shown and get your balance. Squeeze buttocks together and pulse your right leg rapidly up and down. Do 3 sets of 8 pulses each, resting in between. Repeat on opposite side of body.



4 Lie on rug with fists under pelvic bones. Lift right leg as shown until buttocks tighten. Bend leg toward buttocks, flexing muscle in back of your thigh, then extend. Do 3 sets of 8 reps each, resting in between. Repeat with left leg.

Penny Wolin

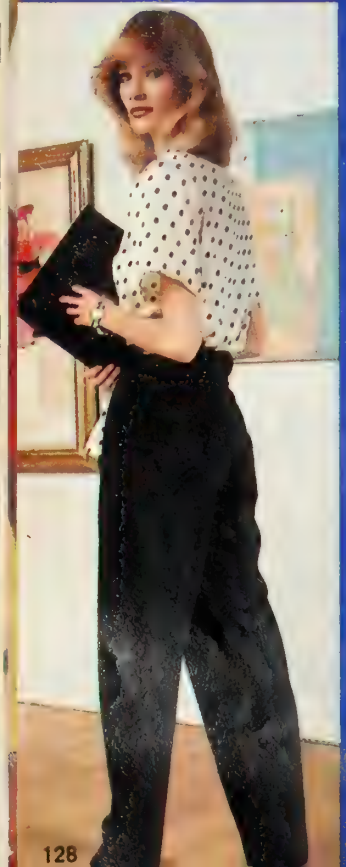
Routine continues on page 130.

Angeles fitness instructor and sculptor of Hollywood's most devastating (and diminutive) derrieres. On the following pages are tips for picking flattering pants for your figure. Bottoms up!

THE BETTE









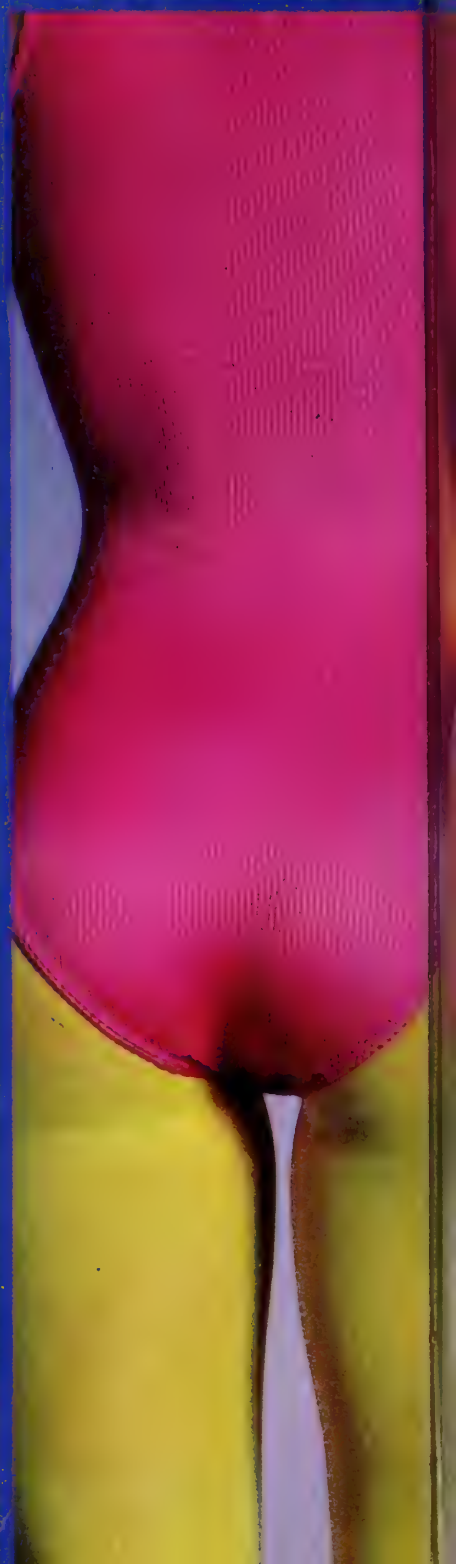
George Barkentin

Surprise! The right pants can actually camouflage flaws splendidly while you're busy erasing them. Top left: To accommodate a bulgy tummy, choose pants with smooth, soft lines and an elastic waistband to reduce bulk. Top right: To disguise ample thighs, select pants with triple pleats on top and straight, full-cut legs that fall directly from the hip and taper at the ankle. Choose this style in sturdy fabrics such as polished cotton or gabardine and in neutral or dark colors for a slim, clean line from waist to ankle. Lower left: To distract from a prominent bottom, select man-tailored pants with double seams in back that fall straight from the seat, again in sturdy fabrics, neutral colors. Lower right: To minimize big hips, try pants with soft pleats at the waist and diagonal pockets.

THE FUNDAMENTAL RUL

ADDITION TO THE GLUTE

TO LOOK SLEEK IN SLACK



Penny Wolin

BOTTOM BOOK

ESS IS MORE: TO ZAP FAT ALL OVER, INCLUDE AEROBICS IN YOUR WORKOUT, IN AXIMUS MINIMIZERS SHOWN. AND EAT LEAN TO STAY LEAN—FROM TOP TO BOTTOM. EAR A STYLE THAT MAKES THE LEAST OF WHAT YOU'VE GOT. OUR SUGGESTIONS, LEFT.



THE BETTER B



5 Stand with feet shoulder width apart, hands on hips and knees slightly bent as shown. Squeeze buttocks together and tilt pelvis forward; hold for 5 seconds and release. Do 3 sets of 8 reps each, resting in between.



6 Stand with weight on left leg, holding a railing or chair, and extend right leg behind you, toes touching floor. Squeeze buttock muscles on your right side; raise leg as shown and pulse 36 times. Repeat with left leg.



7 Rest hands on right hip, with weight mostly on right leg; lower body as shown. Hold for 5 seconds, then do 5 pulses downward. Return to starting position; rest. Then do 2 more sets, resting in between. Repeat on left side.



8 Take a long step foward with right leg, raising left heel off floor. Lower body slowly, until in position shown. Push back with right leg to return to starting position. Do 3 sets of 5 reps each, resting in between. Repeat with left leg.

Penny Wolin

Pants can look right for the office if you choose good fabrics and smart accessorie Here, houndstooth-check trousers are given polish by two-tone pumps, textured hose and a silk sweater. Underneath, shun bikinis; wear briefs or pantyhose.



TO GET THE FIT YOU WANT IN PANTS, MAKE SURE THAT WAISTBAND, FLY, PLEATS AND POCKETS LIE FLAT. WALK, BEND AND SIT: THERE SHOULDN'T BE ANY PULLING ACROSS YOUR FANNY, TUMMY OR CROTCH, OR BINDING OR GAPPING OF FABRIC ANYWHERE. THEN GET THE TOTAL PICTURE IN A THREE-WAY MIRROR. YOUR SILHOUETTE SHOULD LOOK LONG AND LEAN FROM EVERY ANGLE.





The classic: Softly pleated fly-front trousers in navy or black are terrific on every body and a must for every wardrobe. Dress them up with a silky T-shirt, pair with sneakers and a sweatshirt, or add a striped shirt and big jacket. That's pants perfect!

Hair and makeup in exercise photos, Nadia Taricco for Cloutier, L.A. Hair in fashion photos, Bruce Libre. Makeup, Philippe Pellagaud and Rex, both of Moreau, Inc. Paintings courtesy of David Findlay Galleries, NYC. Photo on page 130, right, taken at America, NYC; model, Monique of Click. Fashion details, page 142.



The

Americans today are eating more fish and seafood than ever. Here's your guide to fish plus delectable recipes that will net compliments from the whole family. By John Clancy

When we asked the chef and cookboo author John Clancy to fish for some great seafood recipes, he didn't have to ventur far. He selected some of his favorites from the menu of the renowned New York Cit restaurant that bears his name. Clancy's creations are so tempting, even the mos timid fish eaters will be hooked. And that's a big health benefit: Besides being lo in calories and packed with nutrients, fish contain special fatty acids that lowe blood cholesterol and with it the risk of heart disease. (Best sources: oily fish such a salmon, mackerel and tuna.) A chart on the next page ranks popular types of fish a cording to taste and recommends best cooking methods. Recipes begin on page 13



Cioppino, a toss of shrimp, cod and mussels, goes very well with linguine

HOW TO BUY FISH

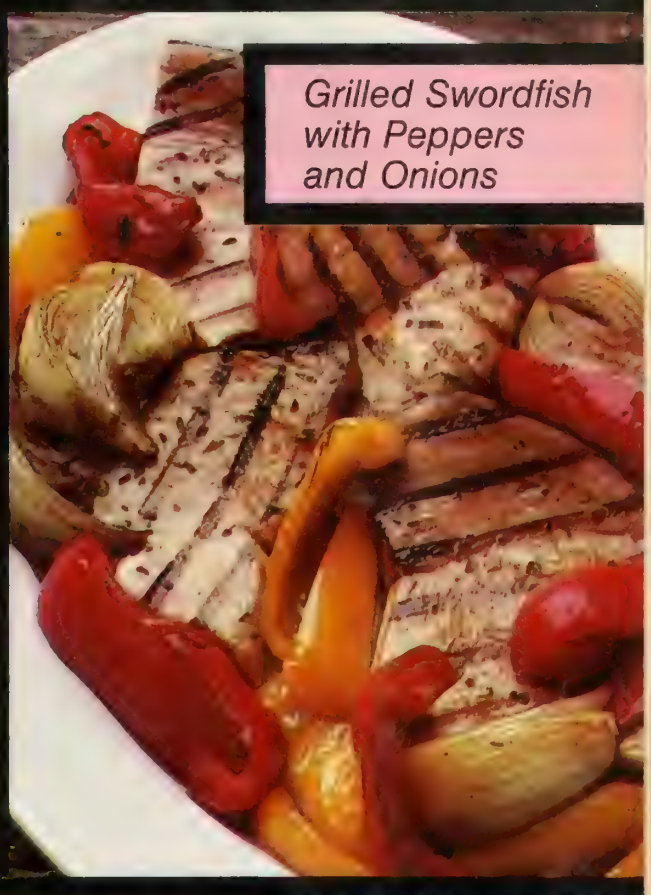
To get the freshest fish from the day's catch, check the vital signs: flesh that springs back when pressed, scales that are shiny and tightly attached to skin, eyes that are bulging and clear, gills that are red or clear pink. Saltwater fish and shellfish should smell like the sea. Fresh lobsters and crabs must be purchased live. Clams, oysters and mussels should be tightly closed and feel heavy for their size. Fresh scallops should be pinkish, white or pale yellow and give off clear liquid. They should also feel firm.

Fish Cookbook

HOW TO COOK FISH

Unlike meat, fish is naturally tender, so it needs very little cooking. Cook whole fish and fillets ten minutes per inch, measured at the thickest part. Fish is done when flesh loses its translucence

Poach fish in milk, a mixture of water and wine, fish stock or salted water. Steam fish by suspending it over boiling liquid on a wire rack or in a basket or colander. Or try a bamboo fish steamer, used in Oriental cooking. Braise fish with vegetables (onions, carrots, celery) in a small amount of wine, fish stock or a mixture of both. Use a pot with a tight-fitting lid on top of the range or in a 350°F. to 375°F. oven. Broil or grill fish after marinating, or baste with sauce, oil or butter to prevent drying out. Bake fish after marinating; baste with oil or butter while cooking; bread it; or place a small amount of liquid in the pan so fish stays moist. Bake at 350°F. to 375°F. A recipe for braised fish may be used for baking—just leave the cover off. Saute or pan-fry fish after breading or dredging in flour, or leave uncoated. Fry in oil or butter to which a little oil has been added; the oil helps prevent the butter from burning. Deep-fry fish or shellfish after breading, dipping in batter or dredging in flour. Carefully lower into fat heated to 375°F.



Grilled Swordfish with Peppers and Onions



Escabeche of Sole is first sauteed, then dressed in a zesty marinade

J. Barry O'Rourke

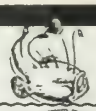
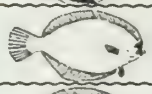
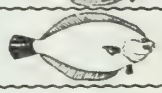
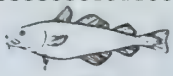
HOW TO STORE FRESH FISH

In the refrigerator: Place whole cleaned fish on a rack in a roasting pan. Cover with crushed ice, then cover pan with plastic wrap and refrigerate. Pour off water and replenish ice when needed. If fish arrived at the market the day purchased, it will keep for two days. In the freezer: Wrap cleaned fish tightly in freezer paper or heavy-duty foil and keep at –10°F. until frozen. Reset temperature to 0°F. Fatty fish keeps up to three months; lean fish, up to six months. Cook directly from freezer.

LHJ's fish eater's guide

Here, the most popular fish ranked in flavor from delicate to robust, with notes on color and texture and the best cooking methods

DEGREE OF FLAVOR: Delicate → Most flavorful

MONKFISH		*Light-colored; firm texture; sweet flavor similar to lobster. Poach, grill, broil, saute, pan-fry.*
FLOUNDER		*White; very delicate; small flake. Poach, bake, saute, pan-fry, deep-fry.*
SOLE		*White; very delicate; small flake. Poach, bake, saute, pan-fry, deep-fry.*
COD		*White; firm texture. Poach, steam, braise, stew, grill, broil, bake, deep-fry.*
MAHIMAHI		*White; firm texture. Poach, grill, broil, bake, saute, pan-fry.*
WALLEYED PIKE		*White; firm texture; bony. Poach, steam, bake, saute, pan-fry.*
RED SNAPPER		*Light-colored; soft texture. Poach, steam, braise, stew, grill, broil, bake, saute, pan-fry.*
CATFISH		*White; firm texture; bony; distinctive popular flavor. Braise,stew, deep-fry.*
POLLOCK		*Light-colored; small flake; bony. Braise, stew, bake.*
TROUT		*Light-colored; firm texture; bony. Poach, steam, grill, broil, bake, saute, pan-fry.*
SEA BASS		*White; firm texture. Poach, steam, grill, broil, bake.*
REDFISH		*White; firm texture. Poach, steam, braise, stew, grill, broil, bake, saute, pan-fry, deep-fry.*
SALMON		*Pink; firm texture; distinctive flavor; bony. Poach, steam, grill, broil, bake.*
SWORDFISH		*Off-white; steaklike texture. Grill, broil, bake.*
TUNA		*Dark-colored; steaklike texture. Grill, broil, bake.*
BLUEFISH		*Dark-colored; firm texture. Poach, grill, broil, bake.*

OLD FAVORITES	NEW FAVORITES	GET TO KNOW BETTER
COD	CATFISH	MAHIMAHI (DOLPHINFISH)
FLOUNDER (LEMON SOLE)	REDFISH (OCEAN PERCH)	MONKFISH (ANGLERFISH)
RED SNAPPER	SALMON	POLLOCK
SOLE	SEA BASS	SWORDFISH
TROUT	WALLEYED PIKE	TUNA

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Illustrations from National Fisheries Institute, Inc.

CIOPPINO

pictured on page 132

- ⅓ cup olive oil
- 4 garlic cloves, minced
- 2 cups finely diced onions
- 1 cup dry white wine or vermouth
- 1 cup clam juice
- 1 can (35 oz.) Italian plum tomatoes, drained, seeded and chopped (reserve juice)
- ½ cup chopped fresh basil
- 2 teaspoons salt
- 1½ teaspoons chopped fresh thyme or ½ teaspoon dried
- ½ teaspoon red pepper flakes
- 24 mussels, cleaned
- ½ pound medium shrimp, shelled and deveined
- 1 pound cod, cut into 2-inch cubes
- 1 tablespoon champagne, balsamic or sherry vinegar
- ¾ pound linguine, cooked according to package directions (optional)

In Dutch oven heat oil over medium-high heat. Add garlic and saute 30 seconds. Add onions and saute, stirring frequently, until translucent, about 10 minutes. Add wine and cook until reduced by half. Add clam juice, tomatoes and reserved juice. Simmer uncovered 40 minutes. *(Can be made ahead. Refrigerate up to 2 days. Bring to a simmer over medium-low heat.)* Stir in basil, salt, thyme and red pepper. Add mussels; cover and simmer until shells open, 1 to 2 minutes. Discard any unopened mussels. Stir in shrimp and cod; cover and simmer until opaque, about 5 minutes. Stir in vinegar. Serve over linguine. Makes 6 servings, about 535 calories each.

ESCABECHE OF SOLE

pictured on page 133

- 2 pounds sole fillets, cut into 2-inch pieces
- ¾ teaspoon salt
- ¾ cup salad oil, divided
- 1 cup all-purpose flour

Dressing

- ⅓ cup olive oil
- 3 tablespoons fresh lemon juice
- 3 tablespoons orange juice
- 2 tablespoons white wine vinegar
- 1 garlic clove, pressed
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ¼ teaspoon white pepper

- 1 lemon, sliced thin, for garnish
- ½ cup calamata olives, for garnish
- 1 tablespoon chopped parsley

Season fish with salt. In large heavy skillet heat 6 tablespoons oil. Dredge fish in flour, shaking off excess. Cook half the fish 2 to 3 minutes per side, until golden brown. With slotted spatula, transfer to paper towels to drain. Discard oil and wipe out skillet. Repeat with remaining oil and fish. Arrange fish in shallow serving dish.

Dressing: In small bowl combine all ingredients. Beat with fork until well blended.

Pour dressing over fish; let stand 1 hour before serving. Garnish with lemon slices, olives and parsley. Makes 4 to 6 servings, about 550 calories each per 4, 365 calories each per 6.

GRILLED SWORDFISH WITH PEPPERS AND ONIONS

pictured on page 133

Marinade

- ⅓ cup balsamic vinegar
- ⅓ cup extra virgin olive oil
- 2 garlic cloves, minced
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon thyme

- 4 swordfish steaks (6 oz. each), ¾ inch thick (see note)
- 1 red pepper, cut into 8 pieces
- 1 yellow pepper, cut into 8 pieces
- 1 large sweet onion, cut into 8 pieces

Marinade: Combine all ingredients.

Place swordfish, peppers and onion in shallow glass or stainless steel dish; pour on marinade. Marinate 1 hour at room temperature, turning and basting once or twice.

Prepare grill or preheat broiler. Arrange pepper and onion pieces on 4 skewers. Grill or broil 10 minutes. Turn and baste with marinade. Add swordfish and grill 3 minutes. Turn fish and baste; grill 3 minutes more. Makes 4 servings, about 370 calories each.

Note: Fresh tuna can be substituted for swordfish. Grill 2 minutes per side.

SALMON SOUFFLÉ

- Grated Parmesan cheese
- 3 tablespoons unsalted butter
- ¼ cup finely chopped onion
- 3 tablespoons flour
- 1 cup milk, scalded
- 4 eggs, separated, at room temperature
- 3 tablespoons chopped fresh dill
- 1 tablespoon tomato paste
- 1½ teaspoons lemon juice
- 1½ teaspoons salt
- ⅛ teaspoon ground red pepper
- 1 can (15½ oz.) salmon, flaked
- 2 egg whites, at room temperature

Mock Hollandaise Sauce

- 3 tablespoons butter or margarine
- 1 cup creamed cottage cheese
- 2 egg yolks
- ¼ teaspoon dry mustard
- 1 tablespoon lemon juice

Preheat oven to 400°F. Generously butter a 1½-quart soufflé dish. Sprinkle lightly with Parmesan.

In saucepan melt butter. Add onion and cook 3 minutes. Stir in flour and cook 2 minutes. Whisk in milk and bring to a boil. Remove from heat and beat in egg yolks one at a time. Add dill, tomato paste, lemon juice, salt and red pepper. Stir in salmon.

In large bowl beat egg whites until stiff peaks form. Stir one quarter of whites into salmon mixture. Fold salmon gently but thoroughly into remaining whites. Spoon into prepared dish and smooth top. Reduce heat to 375°F. Bake 40 minutes or until edges are firm to the touch. Serve with Mock Hollandaise Sauce. Makes 4 servings, about 400 calories each.

Mock Hollandaise Sauce: In top of double boiler melt butter or margarine over simmering water. Add cottage cheese; heat, stirring, until warm. Place egg yolks in blender. With machine on, add cheese mixture and mustard; blend until smooth. Transfer to bowl and stir in lemon juice. Makes 1 cup, about 25 calories per tablespoon.

WALLEYED PIKE IN VERMOUTH SAUCE

- ¼ cup chopped shallots
- 4 whole walleyed pike or brook trout (about ¾ lb. each)
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1½ cups dry vermouth
- 2 tablespoons unsalted butter

Preheat oven to 375°F. Generously butter a 13½x8½-inch flameproof baking pan. Scatter shallots in pan. Sprinkle fish cavity with salt and pepper; place in pan. Pour in vermouth. Bring to a boil over medium heat. Cover with buttered parchment paper and bake 25 to 30 minutes, until fish just flakes when tested with fork. With slotted spatula transfer to warm serving platter.

Strain cooking liquid into small saucepan; cook over high heat until reduced to ¾ cup. Remove from heat; swirl in butter. Serve with fish. Makes 4 servings, about 310 calories each.

SHAD WITH SORREL SAUCE

- 2 tablespoons finely chopped shallots
- ½ teaspoon thyme
- 1 bay leaf, crumbled
- ¼ pound mushrooms, sliced thin
- 3 pounds shad fillets
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 2 tablespoons butter
- 1½ cups dry white wine

Sauce

- 4½ teaspoons softened butter combined with 4½ teaspoons flour
- 2 cups heavy or whipping cream
- 2 tablespoons butter

(continued)



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54800 101716

½ pound fresh sorrel, shredded, or
½ cup chopped watercress
Salt and pepper to taste

Preheat oven to 350°F. Butter a 12x8x2-inch baking dish. Scatter shallots, thyme, bay leaf and half the mushrooms in dish. Add fish, skin side down. Sprinkle with salt and pepper; dot with butter. Top with remaining mushrooms and pour in wine. Cover with buttered parchment paper or foil. Bake 20 minutes. Transfer fish to platter and keep warm.

Sauce: Strain cooking liquid through fine sieve into small saucepan. Bring to a boil and cook until reduced to ½ cup. Whisk in butter-flour mixture a little at a time. Whisk in cream. Return to a boil and cook until reduced to 1½ cups.

Meanwhile, in small skillet melt butter. Add sorrel or watercress and cook 3 to 4 minutes. Add to sauce with salt and pepper to taste. Pour off any liquid that collects on platter. Pour sauce over fish. Makes 8 servings, about 610 calories each.

BLACKENED FISH

4 redfish, pompano or red snapper fillets (10 oz. each)
½ teaspoon salt
1 onion, sliced thin
4 large garlic cloves, coarsely chopped
1½ teaspoons freshly ground pepper
1 teaspoon thyme
½ teaspoon oregano
¼ teaspoon ground red pepper
1 cup butter, melted and cooled
2 lemons, cut into wedges

In shallow dish season fish with salt; top with onion and garlic. Cover with plastic wrap and refrigerate 3 to 4 hours. In small bowl combine pepper, thyme, oregano and ground red pepper.

Scrape onion and garlic from fish. Brush fish with some butter. Sprinkle evenly with pepper mixture. Heat cast-iron skillet over high heat. Add half the fish, skin side down, and cook 3 minutes or until completely charred, drizzling more butter on top. Turn and cook 2 minutes more. Transfer to platter; keep warm. Discard butter and wipe out skillet. Repeat with remaining fish and butter. Serve with lemon wedges. Makes 8 servings, about 435 calories each.

Note: This recipe creates a great deal of smoke. Make sure your kitchen is well ventilated and your smoke alarm off.

SCALLOPS IN HERB BUTTER SAUCE

3 tablespoons finely chopped shallots
¼ cup dry white wine
¾ cup unsalted butter, cut up and divided
1 pound bay scallops
½ teaspoon salt
¼ teaspoon freshly ground white pepper
½ teaspoon chopped fresh tarragon
½ teaspoon chopped fresh chives
½ teaspoon chopped fresh parsley
1 tablespoon lemon juice

In medium saucepan cook shallots in wine until liquid is almost evaporated. Stir in ½ cup butter a piece at a time over low heat. Remove from heat. In large skillet saute scallops in remaining ¼ cup butter. Sprinkle with salt and pepper. With slotted spoon transfer scallops to plate. Heat pan juices over medium heat until reduced to 3 tablespoons. Whisk into butter sauce. Stir in scallops, herbs and lemon juice. Heat through. Makes 4 to 6 servings, about 450 calories each per 4, 270 calories each per 6.

CRAB-STUFFED FLOUNDER

3 tablespoons butter or margarine
1 cup diced onions
1 teaspoon salt
½ teaspoon thyme
½ pound lump crabmeat, picked over
½ pound mushrooms, coarsely chopped
1 red pepper, coarsely chopped
½ cup dry white wine
1 egg
¼ cup milk
2 cups fresh bread cubes
¼ cup chopped parsley
8 flounder fillets (4 oz. each)

Preheat oven to 375°F. Butter well a 12x8-inch baking dish. In large skillet melt butter over medium-high heat. Add onions, salt and thyme; saute until onions are translucent. Add crabmeat, mushrooms and red pepper; saute 1 minute. Add wine; cook until almost evaporated. Cool. In large bowl beat egg with milk. Add bread, crab mixture and parsley; toss until combined.

Arrange 2 flounder fillets in a ring by placing them end to end and securing with wooden toothpicks. Transfer to prepared dish. Repeat with remaining fillets. Spoon stuffing into centers of rings. Bake 20 minutes. Remove toothpicks. Makes 4 servings, about 445 calories each.

CEVICHE

1 cup thinly sliced red onions
⅔ cup fresh lemon juice
⅔ cup fresh lime juice
¼ cup salad oil
2 teaspoons salt
1 teaspoon chopped garlic
¾ teaspoon freshly ground pepper
½ teaspoon sugar
¼ teaspoon red pepper flakes
1½ pounds gray sole fillets, cut crosswise into ½-inch strips
2 tablespoons chopped cilantro

In large glass or stainless steel bowl combine onions, juices, oil, salt, garlic, pepper, sugar and red pepper flakes. Add fish and toss gently. Cover with plastic wrap and refrigerate 2½ to 3 hours, until fish turns opaque. Just before serving, add cilantro and toss well. Makes 4 to 6 servings, about 265 calories each per 4, 175 calories each per 6.

POACHED WHOLE SALMON

4 quarts water
2 cups dry white wine
1 cup chopped onions
1 carrot, sliced
3 tablespoons salt
8 peppercorns
½ teaspoon thyme
1 whole salmon (4 lbs.)
Pink Dill Sauce (recipe follows)

In fish poacher or large deep stainless steel roasting pan combine all ingredients except salmon. Bring to a boil; cook

Wrap fish in double layer of cheesecloth and tie ends. Lower into poaching liquid. (Add more water to cover fish if necessary.) Cover and bring to a simmer over medium-high heat. Reduce heat; poach uncovered 35 to 40 minutes. Transfer fish to large heated serving platter. Cut open cheesecloth and unwrap enough to expose one side. With small knife, remove skin from top to gills. Use cheesecloth to help turn fish over. Remove skin from other side. Discard cheesecloth and pour off any liquid that collects on plate. Serve at room temperature or cold with Pink Dill Sauce. Makes 6 to 8 servings, about 425 calories each per 6, 315 calories each per 8.

PINK DILL SAUCE

2 tomatoes
1 garlic clove, pressed
¾ teaspoon salt
⅛ teaspoon ground red pepper
¼ cup olive oil
2 tablespoons red wine vinegar
⅓ cup finely chopped red onion
2 tablespoons chopped dill

With sharp knife core and peel tomatoes. In food processor or blender combine tomatoes, garlic, salt and red pepper; puree. With machine on, drizzle in oil and vinegar. Transfer to serving dish and stir in onion and dill. Makes 2 cups, about 15 calories per tablespoon.

RED SNAPPER EN PAPILLOTE

7 tablespoons butter, softened and divided
⅓ cup finely chopped shallots
½ pound mushrooms, chopped fine
3 tablespoons chopped flat-leaf parsley
2 tablespoons heavy or whipping cream
1 tablespoon flour
1 teaspoon salt, divided
¼ teaspoon freshly ground pepper
Pinch thyme

(continued on page 14)



Dinner by candlelight wasn't the Fosters' idea.

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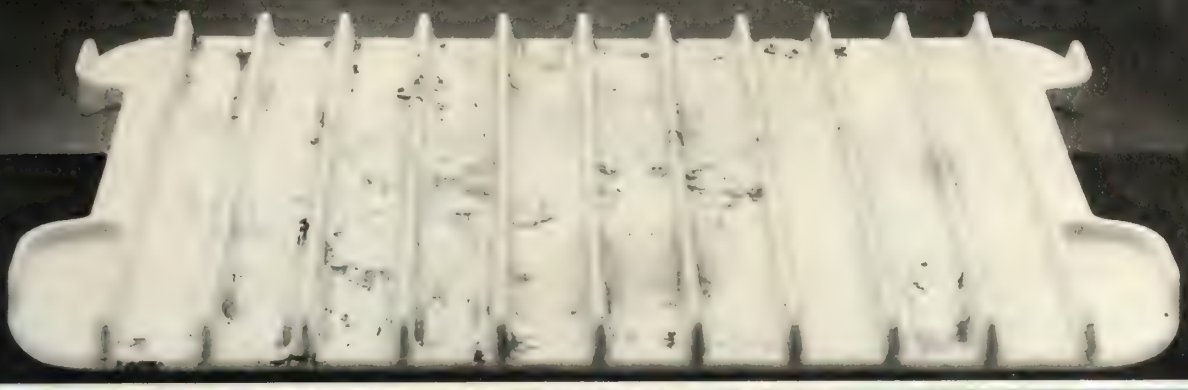
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THE FISH COOKBOOK

continued from page 138

4 red snapper fillets (6 oz. each)
¼ cup dry vermouth
4 mushrooms, sliced thin

Preheat oven to 450°F. In medium skillet melt 2 tablespoons butter. Add shallots and cook over medium heat until soft. Stir in chopped mushrooms. Reduce heat to low; cover and cook 15 minutes. Increase heat to high and cook uncovered until liquid is evaporated. Remove from heat; stir in parsley, cream, flour, ½ teaspoon salt, pepper and thyme. Cook over low heat until thickened. Transfer to small bowl; cool.

Cut 4 sheets of parchment paper into 14x12-inch heart shapes. Brush each with 1 teaspoon butter. Fold hearts lengthwise. Open hearts and place 1 fillet alongside each crease. Sprinkle fish with remaining salt. Spread with mushroom mixture; drizzle with vermouth. Top with sliced mushrooms. Dot with remaining butter. Fold paper over fish. Starting at round end, fold edges together to form a tight seal. Before folding bottom of heart, blow through hole to inflate papillote. Fold tip several times to close securely. Bake on large cookie sheet 12 minutes. Cut papillotes open at the table. Makes 4 servings, about 405 calories each.

SOLE MEUNIÈRE

6 sole fillets (about 3 lbs.)
1½ teaspoons salt
½ teaspoon white pepper
½ cup clarified butter*
1 cup all-purpose flour
2 tablespoons butter
2 tablespoons lemon juice
2 tablespoons chopped parsley
2 lemons, cut into wedges

Pat fish dry with paper towels. Season with salt and pepper. In large skillet heat clarified butter until almost smoking. Dredge 2 fillets in flour, shaking off excess. Add to skillet and saute until golden brown, about 2½ minutes. With large spatula, turn carefully and cook 1½ minutes more. Transfer to platter and keep warm. Cook remaining fish. Pour off any clarified butter in skillet. In same skillet melt remaining butter. Stir in lemon juice and parsley; pour over fish. Serve with lemon wedges. Makes 6 servings, 300 calories each.

**To clarify butter:* Melt ¾ cup butter over low heat. Skim foam off top. Pour clear liquid into measuring cup.

FRIED SEA BASS IN SWEET AND SOUR SAUCE

Sauce

2 tablespoons salad oil
1½ teaspoons chopped garlic
1 green pepper, cut into strips
1 red pepper, cut into strips
1 carrot, cut into 1x½-inch pieces
1 cup chicken broth
6 tablespoons red wine vinegar
6 tablespoons sugar
1 tablespoon soy sauce
2 tablespoons cornstarch dissolved in 2 tablespoons cold water

½ cup all-purpose flour
½ cup cornstarch
½ cup soy sauce
¼ cup water
3 pounds sea bass fillets, cut into serving pieces
Salad oil or shortening, for deep frying

Sauce: In medium skillet heat oil. Add garlic, peppers and carrot. Cook over medium heat, stirring, 2 to 3 minutes. Add broth, vinegar, sugar and soy sauce. Cover and cook 2 minutes. Stir in cornstarch and cook 1 to 2 minutes or until thickened. Remove from heat.

In small bowl combine flour, cornstarch, soy sauce and water to make a paste. Spread over fish. In deep-fat fryer heat oil or shortening to 375°F. Fry fish in batches 6 to 8 minutes, until golden brown. Transfer to jelly-roll pan lined with paper towels; keep warm. Transfer fish to serving platter. Bring sauce to a boil and spoon over fish. Makes 6 servings, 480 calories each.

BRAISED RED SNAPPER

¾ cup finely chopped onion
3 pounds red snapper fillets
1½ teaspoons salt
½ teaspoon freshly ground pepper
1 cup orange juice
2 tablespoons lemon juice
2 tablespoons chopped parsley, for garnish
2 limes, cut into wedges, for garnish

Preheat oven to 400°F. Spread onion in large shallow casserole. Add fish, skin side down, and season with salt and pepper. Pour in juices.

Cover with foil and bake 30 minutes, or until fish just flakes when tested with fork. Serve immediately or refrigerate several hours and serve cold. Garnish with parsley and lime wedges. Makes 6 servings, 240 calories each.

FRIED CATFISH

3 pounds catfish or redfish fillets, cut into serving pieces
2 teaspoons salt
½ teaspoon freshly ground pepper
1½ cups white cornmeal
Salad oil or shortening, for deep frying

Season fish with salt and pepper; dredge in cornmeal, shaking off excess.

In deep-fat fryer heat oil or shortening to 375°F. Fry fish a few pieces at a time until golden, about 6 to 8 minutes, depending on thickness. Keep warm. Makes 6 servings, 435 calories each.

MICROWAVE COD PROVENCAL

2 tablespoons olive oil
½ cup chopped onion
2 teaspoons minced garlic
1 can (16 oz.) crushed tomatoes
⅓ cup dry white wine
2 tablespoons chopped fresh basil
1 teaspoon chopped fresh thyme
½ teaspoon salt
½ teaspoon sugar
⅛ teaspoon freshly ground pepper
1 tablespoon butter
1 package (16 oz.) frozen cod fillets, partially thawed

In shallow 1-quart microwaveproof dish microwave oil on High 2 minutes. Add onion and garlic; microwave on High 5 minutes, stirring once. Stir in tomatoes, wine, basil, thyme, salt, sugar and pepper. Microwave on High 12 minutes, stirring occasionally. Stir in butter.

Cut fish into 4 pieces and arrange in dish. Spoon sauce over fish. Microwave on Medium 6 minutes, rearranging fish after 3 minutes. Microwave on High 13 minutes; halfway through cooking, rearrange fish, stir sauce and rotate dish. Let stand 3 minutes. Makes 4 servings, 240 calories each.

SPICED PARSLEY SAUCE

1 cup olive oil
½ cup sherry wine vinegar
½ cup finely chopped onion
½ cup chopped parsley
2 teaspoons salt
1½ teaspoons freshly ground pepper
1½ teaspoons chopped garlic
1½ teaspoons oregano

In medium bowl combine all ingredients. Cover and refrigerate overnight. Let stand at room temperature at least 2 hours before serving. Makes 2 cups, about 50 calories per tablespoon. Serve with steamed or broiled fish. **End**

John Clancy's Favorite Recipes *will be published by Atheneum in August 1986.*

Journal Shopping Center

THE BETTER BOTTOM BOOK

Page 126: Left to right: Danskin pink leotard and orange waist wrap; Stevi Brooks tights. Dance France yellow leotard; Dance France orange trunks; Danskin tights; Christiaan's Knot in hair; Reebok sneakers. Cabriole turquoise/purple unitard; Nike sneakers. Dance France thong-back leotard; Danskin tights. On Lee Nicholl, Nike clothing.

Page 127: Dance France unitard and trunks. Aerobilite exercise mat, available through Tom Barber Sports, 724 North Spruce, Gunnison, CO 81230; 800-237-6628.

Page 128: Top left: Pseudonym pants; Ellen Tracy blouse; Judith Feldman earrings; Charles Jourdan shoes; Dim hose; Detail International bracelets; Good as Gold belt. Top right: Ellen Tracy sweater set and pants; Les Bernard earrings; Joan & David Accessories belt; Lanvin for Megor Watch and Jewelry watch; Perry Ellis shoes; Fogal hose. Bottom left: Anne Klein II shirt and pants; Isaac Manevitz for Ben-Amun earrings and bracelet; Perry Ellis shoes; Dim hose. Bottom right: Anne Pinkerton jacket, turtleneck and pants; Calvin Klein shoes; Fogal hose; North American Watch Corp. watch; Tonic Creations bracelets.

Page 129: Left to right: Danskin leotard; Bonnie August tights. Dance France thong-back leotard; Danskin tights. Danskin leotard and leggings.

Page 130: Exercise photos: Stevi Brooks leotard; Danskin waist wrap and tights; Hue socks. At right: Anne Klein sweater, shirt and pants; Robert Clergerie shoes; Hue socks; Good as Gold belt; Lanvin watch.

Page 131: Calvin Klein Classifications jacket, shirt and pants; Calderon belt; Janet Norem earrings; Hanes hose.


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THE CHEDDARBURGER

Stands on its record. Moist, naturally flavored Cheddar cheese is an American favorite.



- 4 pounds lean ground beef
- 2 cans (8 oz. each) tomato sauce
- 2 medium onions, chopped fine
- 2 teaspoons garlic powder
- ½ cup chili powder
- 4 teaspoons cumin
- 1 tablespoon red pepper sauce
- 1½ teaspoons salt or to taste
- 1 teaspoon oregano
- ½ teaspoon ground red pepper
- 1 can (12 oz.) beer

Accompaniments: shredded Cheddar cheese, sliced red onions, jalapeño peppers and tortilla chips

In large saucepan or Dutch oven heat oil over medium-high heat. Add beef and cook until browned. Stir in tomato sauce, onions and garlic. Reduce heat to medium-low, cover and simmer 30 minutes, stirring occasionally. Stir in remaining ingredients and simmer 1 hour. Cool and refrigerate overnight. Reheat over medium-low heat. Serve with accompaniments. Makes 12 servings, about 380 calories each without accompaniments.

CHICKEN DIPPER'S NUGGETS

pictured on page 113

National Chicken Cooking Contest Top Prize Winner, 1971, Norma Young, Searcy, Arkansas

- 2 cups salad oil
- 1 egg, beaten
- ⅓ cup water
- ⅓ cup all-purpose flour
- 2 teaspoons sesame seed
- 1½ teaspoons salt

PRIZEWINNING RECIPES

continued from page 114

BEEF BRISKET WITH ONIONS

pictured on page 112

National Beef Cook-Off First Place Winner, 1980, Lucille Roach, Florissant, Missouri

- 1 boneless beef brisket (about 4 lbs.)
- 1 tablespoon salt
- ½ teaspoon freshly ground pepper
- 1 tablespoon minced garlic
- 4 pounds onions, sliced
- 1 cup beef broth
- 1 tablespoon cider vinegar

Preheat broiler. Broil brisket on broiler pan 10 minutes per side or until browned. Reduce oven temperature to 350°F. Place brisket fat side up in large roasting pan. Sprinkle with salt, pepper and garlic. Arrange onions on top. Bake 1 hour or until onions turn brown. Add broth and cover tightly with foil. Reduce temperature to 300°F. Bake 2 hours more or until tender. Transfer brisket and two thirds of the onions to warm platter. Skim fat from pan juices. In blender combine pan juices and remaining onions; process until smooth. Add vinegar and stir well. Serve with brisket. Makes 12 servings, 560 calories each.

BOTTOM OF THE BARREL GANG RAM TOUGH CHILI

pictured on page 112

World Championship Chili Cook-Off Winner, 1984, Dusty Hudspeth, Irving, Texas

- 2 tablespoons salad oil

THE SWISSBURGER

Swing to the creamy taste. Mild, nut-like flavored Swiss provides it.



THE AMERICAN CHEESEBURGER

Nutritious and delicious. Melts and blends as the beef patty cooks.



6 slices (1 oz. each) Swiss cheese, halved
½ cup drained sauerkraut
24 thin slices lean corned beef (about ¾ lb.)
6 tablespoons butter or margarine, softened
Ripe olives and gherkins, for garnish

Spread one side of bread slices with dressing. On each of 6 slices layer 1 slice cheese, 2 teaspoons sauerkraut and 2 slices corned beef. Add second slice cheese, 2 teaspoons sauerkraut and 2 slices corned beef. Top with remaining bread. Spread butter on outsides of sandwiches.

Heat large skillet over low heat. Toast sandwiches, turning once, until cheese is melted and sandwiches are heated through. Garnish with olives and gherkins. Makes 6 sandwiches, about 565 calories each without garnish.

TUNNEL OF FUDGE CAKE

pictured on page 114

Pillsbury Bake-Off Second Prize Winner, 1966, Ella Helfrich, Houston, Texas

1¾ cups butter or margarine, softened
1¾ cups granulated sugar
6 eggs
2 cups confectioners' sugar
2¼ cups all-purpose flour
¾ cup unsweetened cocoa powder
½ teaspoon salt
2 cups chopped walnuts, toasted

Glaze

¾ cup confectioners' sugar
¼ cup unsweetened cocoa powder
1 to 2 tablespoons milk

(continued)

whole chicken breasts, skinned, boned and cut into 1x1x½-inch pieces

ippy Pineapple Sauce

1 jar (10 oz.) pineapple preserves
¼ cup prepared mustard
¼ cup prepared horseradish

ill Sauce

½ cup sour cream
½ cup mayonnaise
2 tablespoons minced dill pickle
1 teaspoon dillweed

n deep-fat fryer heat oil to 375°F. In large bowl combine gg and water. Add flour, sesame seed and salt; stir until nooth. Dip chicken in batter, draining off excess. Add icken to fryer a few pieces at a time and cook 4 minutes r until golden brown. Drain on paper towels. Serve with auces. Makes 4 main-dish or 8 appetizer servings, about 80 calories each per 4, 140 calories each per 8.

ippy Pineapple Sauce: In saucepan combine all ingredients. Cook over low heat, stirring constantly, 5 minutes. erve warm. Makes 1 cup, 50 calories per tablespoon.

ill Sauce: In small bowl combine all ingredients. Let tand at room temperature 1 hour to let flavors blend. lakes 1 cup, about 65 calories per tablespoon.

THE ORIGINAL REUBEN SANDWICH

pictured on page 113

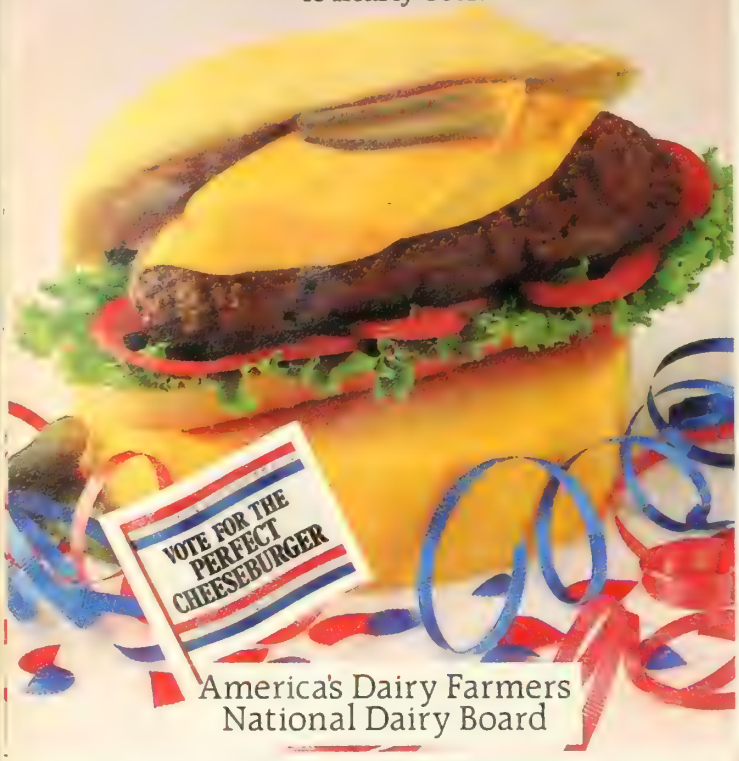
lational Sandwich Idea Contest Grand Prize Winner, 1956, ern Snider, Omaha, Nebraska

2 slices Russian-style rye bread
½ cup Thousand Island salad dressing

THE MOZZARELLABURGER

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THE
COLBYBURGER
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PRIZEWINNING RECIPES
continued

Preheat oven to 350°F. Grease and flour a 3-quart Bundt pan. In large mixer bowl cream butter or margarine and granulated sugar until light and fluffy. Add eggs one at a time, beating well after each addition. With mixer at low speed, gradually beat in confectioners' sugar, flour, cocoa and salt. Stir in walnuts. Spoon batter into prepared pan. Bake 1 hour. Cool in pan on wire rack 1 hour. Invert onto serving plate and cool completely.

Glaze: In small bowl combine ingredients until smooth. Spoon over top of cake. Makes 16 servings, 555 calories each.

CRANBERRY-APPLE CIDER PIE

pictured on page 114

Make It Better With Cranberries Contest First Prize Winner, 1984, Charlene Lawson, Carver, Massachusetts

- 1½ cups sugar
- 1 cup apple cider
- 2½ cups cranberries
- 5 cups sliced peeled apples
- 1 tablespoon lemon juice
- 1 tablespoon butter or margarine
- 1 teaspoon vanilla extract
- Pastry for 9-inch double-crust pie
- 1 egg yolk beaten with 2 teaspoons milk
- Sugared cranberries, for garnish

In medium saucepan bring sugar and cider to a boil over medium-high heat. Add cranberries and apples. Cook uncovered until apples are tender and cranberries have popped, about 10 minutes. With slotted spoon, transfer fruit to bowl. Stir lemon juice and butter or margarine into syrup; cook until smooth and thickened, about 3 minutes. Remove from heat and stir in vanilla.

Preheat oven to 450°F. Divide pastry into 2 pieces, one slightly larger than the other. On lightly floured surface roll larger piece to an 11-inch circle. Fit into 9-inch pie plate. Spoon in cooked fruit and add syrup. Roll remaining pastry to a 9-inch circle. Cut into ½-inch strips. Weave strips 1 inch apart in a lattice pattern over filling. Fold overhang of bottom crust up over strips. Flute edge; brush strips and edge with egg mixture.

Bake 10 minutes. Reduce temperature to 375°F. and bake 25 to 30 minutes more, until crust is lightly browned. Garnish with sugared cranberries. Makes 8 servings, about 490 calories each without garnish.

ORANGE KISS-ME CAKE

pictured on page 115

Pillsbury Bake-Off Grand Prize Winner, 1950, Mrs. Peter Wuebel, Menlo Park, California

- 1 navel orange
- 1 cup raisins
- ⅓ cup walnut pieces
- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup milk
- ½ cup shortening
- 2 eggs

Topping

- ⅓ cup sugar
- ¼ cup finely chopped walnuts
- 1 teaspoon cinnamon

THE
BLUEBURGER
Offers true blue taste. Brings sophistication to the cheeseburger.


America's Dairy Farmers
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Preheat oven to 350°F. Grease and flour a 13x9-inch baking pan. Squeeze orange; reserve ⅓ cup juice. Cut orange into pieces. In food grinder grind orange peel and pulp, raisins and walnuts. In large mixer bowl combine flour, sugar, baking soda and salt. Stir in milk, shortening and eggs until well combined. Beat 3 minutes; stir in orange mixture. Pour batter into prepared pan. Bake 35 to 40 minutes, until toothpick inserted in center comes out clean. While still warm, drizzle with reserved juice.
Topping: In small bowl combine all ingredients and sprinkle over cake. Makes 12 servings, about 340 calories each.

MAPLE MOUSSE MAGNIFIQUE

pictured on page 115

Kraft Marshmallow Creme Easy Secret Ingredient Recipe Contest Grand Prize Winner, 1982, Micky Kolar, Fountain Hills, Arizona

- 1 cup chocolate wafer crumbs (about 23 cookies)
- 3 tablespoons butter or margarine, melted
- 2 jars (7½ oz. each) marshmallow cream
- 1 cup sour cream
- 1 pint vanilla ice cream, softened
- ½ cup chopped walnuts
- 1 teaspoon maple extract
- 1 container (8 oz.) frozen whipped topping, thawed
- Additional frozen whipped topping, chocolate curls and maraschino cherry, for garnish

In small bowl combine crumbs and butter or margarine. Press into bottom of a 9-inch springform pan.

In mixer bowl beat marshmallow cream and sour cream until well blended. Add ice cream, walnuts and maple extract; beat well. Fold in whipped topping. Pour into prepared pan. Cover and freeze overnight. To serve, remove sides of pan. Garnish with topping, chocolate curls and cherry. Makes 12 servings, about 270 calories each without garnish.

PINEAPPLE UPSIDE-DOWN CAKE

Hawaiian Pineapple Company (Dole) Cooking Contest Winner, 1925, Mrs. Robert Davis, Norfolk, Virginia

- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt

(continued)

APRIL RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. * Recipe includes microwave instructions

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2. Alternate method of entry: NO PURCHASE NECESSARY. Submit your vote on a 3" x 5" piece of paper u which you have printed the words "REAL CHEESE."
3. Enter as often as you wish. Only one entry per envelope. Mail entries to **"Win a Cheeseburger Part Sweepstakes, P.O. Box 5013, Des Plaines, IL 60017-5013.** Not responsible for late, lost, misdirecte damaged mail.
4. Entries will be randomly drawn May 9th, 1986 by Regis Marketing Group. Decision by Regis Marketing Grou final. No correspondence will be entered into. **Entries must be received by April 30th, 1986.**
5. The following prizes will be awarded: Two hundred (200) Cheeseburger Party Kits. Kit consists of one (1) 22 Kettle Grill, one (1) portable black & white TV, one (1) Five-piece barbecue tool set, one (1) Condiment and cutl cart, one (1) 27-piece party ball and one (1) custom apron & chef's hat and one $10 check to cover the cos cheese, ground beef and condiments. 1,000 winners will receive one (1) custom apron and chef's hat.
6. All entries become the property of the American Dairy Association and none will be returned. Winners gran the American Dairy Association the right to adopt, publish, or use the entry for any advertising, promotional, tradi any other purpose by the American Dairy Association and its agents without further compensation to or permiss from the entrant.
7. One prize per household. Prizes are non-transferable and not redeemable for cash. No substitution of prize permitted. All prizes will be awarded. Odds of winning depend upon the number of entries received.
8. All Federal, State and local taxes are the responsibility of winners. Winners may be required to execute affidavit of eligibility and release. Should a minor win a prize, the prize will be awarded to his her parent or le guardian.
9. Sweepstakes is open to all residents of the Continental U.S.A. and is void outside the Continental U.S.A. wherever else prohibited, taxed or restricted by law. Employees of the American Dairy Association and its affiliat its promoting advertising agencies, judging organization and their immediate families living in the household not eligible.
10. For a list of major prize winners, which is available after winners are selected, send a separate stamp self-addressed #10 envelope (4½" x 9½") to: "Win a Cheeseburger Party" Sweepstakes, 6300 N. River Ro Rosemont, IL 60018.

Mail entries to: L

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- ☐ MUENSTERBURGER

America's Dairy Farmers
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PRIZEWINNING RECIPES
continued

½ cup plus 2 tablespoons butter or margarine
1 cup granulated sugar
2 eggs, separated
½ cup milk
1 teaspoon vanilla extract
1 cup firmly packed light brown sugar
1 can (20 oz.) sliced pineapple in syrup, drained
Maraschino cherries, for garnish

Preheat oven to 350°F. In medium bowl combine flour, baking powder and salt. In large mixer bowl cream ½ cup butter or margarine with granulated sugar until light and fluffy. Add egg yolks one at a time, beating well after each addition. Stir in flour alternately with milk. In bowl beat egg whites until stiff peaks form; fold into batter. Stir in vanilla.

In 8-inch cast-iron skillet melt remaining 2 tablespoons butter over medium heat. Top with brown sugar; add pineapple slices in a single layer. Pour batter over pineapple. Bake 40 to 45 minutes, until toothpick inserted in center comes out clean. Invert onto plate and garnish with cherries. Makes 8 servings, about 485 calories each.

GRILLED FISH WITH GARLIC SALSA

Great Garlic Recipe Contest and Cook-Off First Place Winner, 1984, Beverly Stone, Berkeley, California

½ cup good quality olive oil
5 tablespoons lemon juice, divided
4 garlic cloves, slivered
½ cup chopped cilantro, divided
Salt and freshly ground pepper
6 firm-fleshed fish fillets (6 oz. each)
½ cup unsalted butter, divided
¼ cup chopped red onion
2 small hot green chili peppers, minced
1 tablespoon minced garlic
1 pound tomatoes, peeled and chopped
Lemon wedges and cilantro, for garnish

In large dish combine oil, 4 tablespoons lemon juice, slivered garlic, ¼ cup cilantro and salt and pepper to taste. Add fish and refrigerate at least 1 hour or overnight, turning occasionally.

In medium skillet melt 2 tablespoons butter. Add onion, chilies and minced garlic; cook, stirring, until softened. Add tomatoes and remaining 1 tablespoon lemon juice. Cook, stirring, 10 minutes. Remove from heat and season with salt and pepper. Stir in remaining ¼ cup chopped cilantro. Stir in remaining 6 tablespoons butter until melted.

Preheat grill or broiler. Drain fish. Grill over low glowing coals or broil, turning once, 7 minutes or until fish just flakes. Transfer to serving platter and top with garlic salsa. Garnish with lemon wedges and cilantro leaves. Makes 6 servings, 545 calories each. **End**

COOKING CONTESTS

If you think you have a recipe that's a sure winner, you can get more information about the contests mentioned in this article by contacting:

Pillsbury Bake-Off, The Pillsbury Company, Consumer Response, Box 550, Minneapolis, MN 55440
This contest is held every two years; the next takes place in February 1988. Send your request for an entry blank in the spring of 1987.

Make It Better With Cranberries Contest, Jean O. Gibbs, RFD #2, Carver, MA 02330
The next competition will be held in September 1986.

National Chicken Cooking Contest, Box 28158, Central Station, Washington, DC 20005
Entries must be received by October 1986 for the 1987 contest.

Kraft Marshmallow Creme Easy Secret Ingredient Recipe Contest, P.O. Box 11317, Chicago, IL 60611
Entries must be received between May 1 and September 30, 1986.

National Beef Cook-Off, 444 North Michigan Avenue, Chicago, IL 60611
Entries must be postmarked no later than April 1, 1986, for this year's contest—to be held in Dearborn, Michigan, on September 14 through 16.

World Championship Chili Cook-Off, International Chili Society, P.O. Box 2966, Newport Beach, CA 92663
To be eligible you must compete in a state, regional or district cook-off sanctioned by the International Chili Society. The 1986 finals will take place in October in Rosamond, California.

Great Garlic Recipe Contest and Cook-Off 1986, Gilroy Garlic Festival Association, P.O. Box 2311, Gilroy, CA 95021
The cook-off will highlight Gilroy's garlic festival in July 1986. All recipes must contain at least three cloves of fresh garlic or the equivalent in processed garlic.

PASTA: EASY & ELEGANT
continued from page 122

All recipes pictured on pages 122-123.

ORANGE FETTUCCINE

1 cup heavy or whipping cream
½ cup fresh orange juice
Salt and freshly ground pepper
Pinch grated orange peel (optional)
¾ pound fettuccine noodles
½ cup grated Parmesan cheese

In small saucepan combine cream and orange juice. Simmer over medium heat 5 minutes or until thickened. Season with salt and pepper. Stir in peel.

Cook noodles according to package directions. Transfer to warm serving bowl. Add sauce and Parmesan; toss well. Makes 4 to 6 servings, 540 calories each per 4, 360 calories each per 6.

ROTELLE SICILIANO

¼ cup olive oil
2 garlic cloves, minced
1 can (28 oz.) Italian tomatoes, chopped
Salt and freshly ground pepper
¼ cup raisins
1 large bunch broccoli, cut into small florets (about 4 cups)
1 pound rotelle or spaghetti twists
¼ cup pine nuts (pignoli) or slivered almonds, toasted

In medium skillet heat olive oil over medium heat. Add garlic and saute 30 seconds. Add tomatoes, 1 teaspoon salt and pepper to taste; simmer 10 minutes. Stir in raisins and cook 5 minutes. In large saucepan of boiling salted water cook broccoli until tender-crisp, about 5 minutes. Drain well.

Cook pasta according to package directions. Transfer to warm serving bowl. Add tomato sauce, broccoli and toasted pine nuts; toss well. Makes 4 servings, about 605 calories each.

RIGATONI WITH ROASTED PEPPERS

2 jars (7 oz. each) roasted peppers, cut into 1x½-inch strips (reserve juice)
1 can (2 oz.) anchovy fillets, drained and chopped
½ cup sliced pitted Greek olives
¼ cup finely chopped parsley
2 tablespoons capers, drained
¼ cup olive oil
1 garlic clove, minced
1 teaspoon oregano
1 pound rigatoni or ziti
Salt and freshly ground pepper

In large serving bowl combine all ingredients except pasta and salt and pepper. Cook pasta according to package directions. Transfer to warm serving bowl. Add pepper mixture; toss well. Season with salt and pepper. Serve immediately. Makes 4 to 6 servings, about 540 calories each per 4, 360 calories each per 6. *(continued)*



CRISPY CHICKEN STIR-FRY

½ tsp. pepper
1 cup BISQUICK® baking mix
2 cups diced uncooked chicken breast
2 eggs, slightly beaten
¼ cup vegetable oil
3 carrots, cut diagonally into ½" pieces
1 green pepper, cut into strips
1 small onion, thinly sliced and separated into rings
1 can (20 oz.) pineapple chunks, drained

MIX pepper and BISQUICK in large plastic bag. Stir chicken into eggs; remove with slotted spoon. Shake in bag until coated; remove chicken.

HEAT 1 tbsp. oil in 10" skillet over medium-high heat. Stir-fry carrots 2 min.; add green pepper. Stir-fry 2 min. Remove from skillet. Heat remaining oil.

STIR-FRY chicken until golden; add vegetables. Stir-fry until warm, 2 min.; stir in pineapple. 6-8 servings.

High Altitude: Cut carrots into ¼" pieces. Increase stir-fry time for carrots to 4 min.

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Savory Pork Stir-Fry

Preparation Time: 15 minutes Calories per serving: 231

1 pound lean boneless pork
1 tablespoon soy sauce
1 tablespoon vinegar
1 teaspoon sesame oil
1 clove garlic, minced
1/2 teaspoon dry ginger
1 tablespoon cooking oil
1 10-oz. package stir-fry vegetables
1 tablespoon chicken broth or water
1 tablespoon toasted sesame seed (optional)

Slice pork across grain into 1/8" strips. Marinate in soy sauce, vinegar, sesame oil, garlic, and ginger for 10 minutes. Heat oil in heavy skillet until hot (in an electric skillet, use 400° F.). Add pork and stir-fry for 3-5 minutes, until pork is no longer pink. Add vegetables (unthawed) and the chicken broth or water. Stir mixture, cover and steam for 3 minutes, or until vegetables are heated through but still crisp-tender. Serve over hot cellophane noodles or hot cooked rice, if desired. Sprinkle with toasted sesame seed. Makes 4 servings.

For more good ideas send self-addressed stamped envelope to: Pork Time Savor, P.O. Box 10383, Des Moines, Iowa 50306.

PASTA: EASY & ELEGANT
continued

SPAGHETTI WITH PROSCIUTTO AND PORCINI

1 ounce dried porcini mushrooms
3 tablespoons butter
¼ cup olive oil
3 garlic cloves, minced
¼ pound prosciutto, cut into thin strips
½ pound fresh mushrooms, quartered
½ teaspoon rosemary
1 package (10 oz.) frozen peas
1 tablespoon balsamic vinegar
Salt and freshly ground pepper
1 pound spaghetti

Place porcini in small bowl; pour in cup boiling water. Let stand 20 minutes. Strain and reserve liquid. Julienne porcini.

In large skillet melt butter with olive oil over medium heat. Add garlic and saute 30 seconds. Stir in prosciutto, fresh mushrooms and rosemary. Cover and cook 3 minutes. Increase heat to high and saute uncovered 2 minutes or until liquid evaporates. Stir in porcini, peas and vinegar; saute 1 minute. Season with salt and pepper.

Cook pasta according to package directions. Transfer to warm serving bowl. Add vegetables and reserved porcini liquid; toss well. Makes 4 to 6 servings, about 655 calories each per 4, 438 calories each per 6.

BOWS IN RED AND GREEN

⅓ cup olive oil
2 garlic cloves, minced
6 medium zucchini, julienned
½ cup sun-dried tomatoes, rinsed and chopped
½ cup chopped fresh basil or 2 teaspoons dried
Salt and freshly ground pepper
1 pound bow ties (farfalle)
½ cup pine nuts (pignoli), toasted
⅓ cup grated Parmesan cheese

In large skillet heat olive oil over medium heat. Add garlic and saute 30 seconds. Add zucchini and tomatoes; saute until tender, about 3 to 5 minutes. Stir in basil and salt and pepper to taste; cook 1 minute.

Cook pasta according to package directions. Reserve ¼ cup cooking water. Transfer pasta to warm serving bowl. Add vegetables, pine nuts, Parmesan and reserved cooking water; toss well. Makes 4 to 6 servings, about 720 calories each per 4, 480 calories each per 6.

HAZELNUT ZITI

4 tablespoons butter, divided
2 tablespoons olive oil
2 garlic cloves, minced
1 cup ricotta cheese, pureed
¼ cup heavy or whipping cream
Salt and freshly ground pepper

1 pound whole wheat ziti or elbow macaroni
2 tablespoons chopped parsley
½ cup chopped hazelnuts or walnuts, toasted
½ cup grated Parmesan cheese

In medium saucepan heat 2 tablespoons butter with olive oil over medium heat. Add garlic and saute 30 seconds. Remove from heat. Stir in ricotta, cream and salt and pepper to taste.

Cook pasta according to package directions. Reserve ½ cup cooking water. Transfer pasta to warm serving bowl. Add remaining 2 tablespoons butter, ricotta sauce, parsley, nuts, Parmesan and reserved cooking water; toss well. Makes 4 to 6 servings, about 820 calories per 4, 545 calories each per 6.

PASTA SPIRITOSA

¼ cup gin or vodka
½ teaspoon red pepper flakes
2 tablespoons butter
1 tablespoon olive oil
1 cup finely chopped shallots
2 ounces prosciutto, cut into thin strips
1 can (28 oz.) Italian tomatoes, drained and coarsely chopped
⅓ cup heavy or whipping cream
Salt and freshly ground pepper
1 pound penne or ziti
⅓ cup grated Parmesan cheese

In small bowl combine gin and red pepper flakes. Let steep several hours.

In large skillet melt butter with olive oil over medium heat. Add shallots and saute until tender, about 5 minutes. Stir in prosciutto and cook 1 minute. Add tomatoes and simmer 5 minutes. Add cream and cook, stirring, 1 minute. Strain red pepper flakes from gin; add gin to sauce. Simmer 2 minutes and season with salt and pepper.

Cook pasta according to package directions. Transfer to warm serving bowl. Add sauce and Parmesan; toss well. Makes 4 to 6 servings, about 645 calories each per 4, 430 calories each per 6.

LINGUINE WITH SHRIMP SAUCE

¼ pound snow peas, halved diagonally
2 tablespoons butter
2 tablespoons olive oil
½ cup chopped onion
1 garlic clove, minced
1 cup canned Italian tomatoes, chopped fine
2 tablespoons vodka
1½ teaspoons salt
¾ teaspoon freshly ground pepper
½ pound shrimp, shelled, deveined and coarsely chopped
1 cup heavy or whipping cream
1 pound linguine or spaghetti
½ cup finely chopped parsley

On steamer rack steam snow peas 2 to 3 minutes, until tender-crisp. In large skillet melt butter with olive oil over medium heat. Add onion and garlic; saute until onion is tender, about 5 minutes. Stir in tomatoes, vodka, salt and pepper; simmer 5 minutes. Stir in shrimp and cream; simmer 3 minutes or until shrimp are opaque and sauce is thickened. Stir in snow peas.

Cook pasta according to package directions. Transfer to warm serving bowl. Add shrimp sauce and parsley; toss well. Makes 4 to 6 servings, about 755 calories each per 4, 505 calories each per 6.

CAPELLINI ALIO OLIO

2 tablespoons butter
6 tablespoons olive oil
2 to 3 tablespoons minced garlic
½ teaspoon red pepper flakes
1 teaspoon chopped fresh thyme or ½ teaspoon dried
2 large red peppers, julienned
Salt and freshly ground pepper
¾ pound capellini or spaghettini
⅓ cup finely chopped flat-leaf parsley
1 cup croutons (see note)

In large skillet melt butter with olive oil over medium heat. Add garlic, red pepper flakes and thyme; saute 30 seconds. Stir in red peppers and saute until tender, about 1 minute. Season with salt and pepper.

Cook pasta according to package directions. Reserve 1¼ cups cooking water. Transfer pasta to warm serving bowl. Add pepper mixture, parsley and reserved cooking water; toss well. Top with croutons. Makes 4 to 6 servings, about 490 calories each per 4 without croutons, 325 calories each per 6.

Note: To make croutons, melt ¼ cup butter in a large skillet. Stir in 1 cup fresh bread cubes. Season with salt and pepper. Cook, tossing, until crisp, about 10 minutes.

DITALINI WITH BRIE

¾ pint cherry tomatoes, quartered
Salt and freshly ground pepper
½ pound Brie, rind removed, cut into ½-inch cubes
1 bunch arugula, torn (about 1½ cups)
⅓ cup olive oil
¼ cup finely chopped fresh basil
2 garlic cloves, minced
¾ pound ditalini or elbow macaroni

In large bowl toss tomatoes with ½ teaspoon salt and pepper to taste. Add Brie, arugula, olive oil, basil and garlic.

Cook pasta according to package directions. Reserve ¼ cup cooking water. Transfer pasta to warm serving bowl. Add tomato mixture and reserved cooking water; toss until cheese is melted and creamy. Makes 4 to 6 servings, 630 calories each per 4, 425 calories each per 6. **End**

Michele Scicolone is a freelance food and wine writer based in New York.



300-POUND LOSS

continued from page 58

program designed to improve eating habits by eliminating sugar, flour and processed foods and emphasizing protein and complex carbohydrates. The conditioning diet includes moderate amounts of lean meats, whole grains, and fresh fruits and vegetables to prepare the dieter for the more restricted diet that follows.

Judi's weight began to dip rapidly right from the start. "It just peeled off," she recalls. "It felt terrific. I really needed that motivation to keep going." After nine days on the conditioning diet (seven days longer than most dieters need), she started the stricter reducing diet, which allows fewer than twelve hundred calories a day, including only three and a half ounces of meat.

Judi found it agonizing at first. "Three and a half ounces of meat as a full meal!" she exclaims. "I was used to that as an appetizer." Where once she had eaten fattening foods all day, now a typical menu consisted of a scrambled egg and flatbread for breakfast, two and a half ounces of fish or chicken plus stir-fried vegetables for lunch, and chicken salad with a vegetable or green salad and herbal tea for dinner. Where once she devoured potato chips as snacks, now she was allowed only an apple, an orange or half a cantaloupe twice a day, and she had to take vitamin C and protein supplements as well.

It wasn't easy, but Judi stuck to the diet faithfully. She also attended daily counseling sessions and a weekly behavior modification class at the center. At home, she listened to motivational tapes that Cheri gave her. Mark helped by preparing meals and providing encouragement. "To tell you the truth, I never thought she'd lose weight," Mark says. "I'm so happy I was wrong."

Very wrong. In the first six months Judi lost 180 pounds, and after nine months she had dropped 215 pounds. She continued to go to the Diet Center and slowly began to exercise—at first just walking a few blocks, then riding a bicycle and joining an aerobics class. She even bought a mini-trampoline so she could exercise at home. After each 40-pound loss, she visited her doctor—and now she could sit on his couch without fear of breaking it.

As the layers of fat began to slip away, Judi discovered something she thought she'd lost for good in high school—self-confidence. "I began to like myself again," she states simply. Others noticed the difference as well. "When I first saw Judi," Cheri recalls, "she was very, very embarrassed about her size. She didn't believe in herself at all. She didn't think she could ever lose weight. The difference in attitude was noticeable almost from the start."

Judi soon became so excited about her rapid weight loss, she began to help other dieters, encouraging them as they sat with her in the waiting room, insisting they call her at home when they felt the urge to binge. "Her enthusiasm is very contagious, and it spread to everyone at the center," Cheri says.

During her visits, Judi served as a model—and a friend—to two other Diet Center clients in particular, Janet Frail (who ended up losing 106 pounds) and LaDonna Tucker (who lost 123 pounds). "Judi was a tremendous inspiration," says Janet, who had just joined Diet Center when the women met. "She had already lost more than 200 pounds and when I looked at her, I thought, I can do it, too." The trio began walking and riding their bicycles together. They called one another when they felt a need to cheat. "We walked Judi to death, and she nearly killed us on that bike," Janet jokes.

News of Judi's amazing success soon spread throughout the town. The local newspaper began running progress reports every time she lost 50 pounds. A radio disc jockey also reported her progress. Soon it seemed that all 14,500



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sidents of Kewanee knew about the credible story of Judi Voels . . . and veryone wanted to help. Friends, urch members and local merchants nated new clothes to replace the ones at no longer fit. Some even gave her od for her new diet. "Everyone really tched in," Judi says. "I felt like I had ie big family." People she had never et sent letters of encouragement, opped her on the street or yelled aise as she rode by on her bicycle.

"One day I went into the store to buy me groceries, and a man I didn't now started to stare," Judi says. "Fially he said, 'Look at the miracle,' and looked around to find out who he was lking to. 'I'm speaking to *you*,' he id. 'You are a walking miracle.'

"I felt proud," Judi says of the inci-nt, "but I also felt a lot of pressure. fter all, miracles don't make mistakes slip off their diets. But I'm human, id there were times when I ate some-ing I shouldn't have."

Judi still remembers Labor Day eekend two years ago, when she and ark went downtown for Kewanee's nual Hog Festival Barbecue. While ere, she yielded to temptation and e a forbidden pork chop. Someone saw r and called Cheri, who confronted di with her sin that Monday morn-g. "Sometimes I think Cheri had a spy system," Judi says, laughing.

With Cheri's help—and with her own determination—Judi reached her goal of 199 pounds on January 2, 1985. Her accomplishment—losing 302 pounds and thirty inches off her waist in just one hundred weeks—makes her the biggest female loser in the Diet Center's fifteen-year history. Though she'd still like to take off another 25 or 30 pounds soon ("the last few are always the hardest," she says), for the moment, she's satisfied with maintaining her weight and with working to tone up the small amounts of flab that remain around her arms, stomach and legs. Though hanging skin is normal when so much weight is lost, even Judi is surprised at how little she has.

So little, in fact, that last summer Judi proudly wore a bathing suit for the first time in years. She's also started wearing dresses instead of the boxlike pants that she used to sew for herself. For the new, thin Judi, there's no greater joy than going to a shopping mall, slipping into a crowd without anyone staring, and buying clothes off the rack. She still remembers her happiness when, after losing 180 pounds, she treated herself by walking into a store and buying—of all things—a brassiere. "I can't tell you what it meant to me to be able to go into a store and get a simple bra, just like everyone else," she says. "Before, I had to order them through specialty catalogs."

Now that she's lost so much weight, Judi is determined to improve her mind as well as her body. She recently enrolled as a part-time student at nearby Black Hawk College, where she's been on the dean's list. She hopes to be able to use her psychology and nutrition courses to get a job at the Diet Center one day and help other overweight people. "Every time I see a large woman, my heart goes out to her," Judi says. "If I can help someone—just one person—who is in the position I was in, everything I went through will be worth it."

Her first challenge may be her own son. "I have to watch what he eats, since he's beginning to get a little chunky," she says. "When I catch him eating the wrong foods, I tell him, 'Do you remember what your mama was like? Do you remember what I went through?'"

She vows she will never again experience the pain of being obese. She's come too far for that. "How can I even begin to explain how my life has improved?" she says. "Had it not been for the diet, I know I would have been dead by now. I prayed every day for the Lord to help me, and finally my prayers were answered. It's as if a new life has been given to me." **End**

THE BLUE EYES

continued from page 88

fire burning and darns his socks, her he will never understand."

"Sweetheart, what would I do," he answered her, "with a wife whom I understood? I love her because she is like you, and I love you because you are like her! A man—and in particular a sailor—has got a big rough heart, as he has got a big rough fist; he may well carry two lovely women in it at a time. But I am happy to know that you, my pretty pretty pretty Petrina, have got such a tiny, dainty, wee little heart that you will never find room in it for more than one man, and not even for the whole of him, but that some part of him will be sticking out, and you will think, 'I wish he had not got that to him.' All the same, my grave-eyed pet, you are well aware that when I want a kiss I come back to Elsinore. And so tell me now, as we are talking about these things, whether you like to be kissed or not."

"What a question to ask one's wife," said she, "and you have never, never understood me!"

Now it so happened that when the skipper was trading to the East Indies he had the good luck to help, with much courage and perseverance, an old king of an Indian island to flee from treacherous and rebellious subjects and to bring him safely to the citadel of his daughter and son-in-law in another island kingdom. When the frail old man once more found himself among loving friends and loyal servants, with the tears running down his cheeks he made his rescuer a present of two highly precious sapphires, of a blue as clear and deep as that of the sea. These the sailor of Elsinore had set into the face of his figurehead, like a pair of eyes to it.

"O you fine and proud thing," he said to her, "now you are the perfect pretty Petrina. So bring me safely and quickly home to Elsinore." And indeed he made the journey home more quickly than he had ever done before.

He showed his wife how well the jewels looked in their place. "Now," he said, "you see that she has got your blue eyes. And she never closes them; on our way home she will have seen the flying fish leap from the water at only a few feet's distance, and the stars shooting over the night sky."

"It is an exceedingly silly thing," she said, "to put a pair of precious stones into the wooden face of a figurehead, and you would have done better in giving me those two stones for a pair of earrings. Then all the other skippers' wives of Elsinore would be envious of me."

"I cannot do that," he said to her, "my little soft-downed chick. I cannot possibly do that and you ought not to ask me."

"Oh, well," she said, "if you choose not to understand me."

Now during all the time while he was home she thought of the blue stones in the figurehead's eye sockets, and in her heart she called herself an unhappily married woman. But it came about that the night before her husband was setting to sea again, the skippers' corporation of Elsinore gave a big carouse for him. While he was here making merry with his friends, Petrina had the glazier of Elsinore steal down to the harbor with her, and there herself held



She put the sapphires into a little box and hid them in her gown.

the lamp for him while he took out the two clear blue stones from the eyes of the figurehead and put in two bits of flat blue glass, as close to the color of them as he could manage to find. The sapphires themselves she put into a little box and hid them in the pocket of her gown.

Her husband did not notice the change; he innocently and tenderly kissed his wife good-bye and sailed off to the Gold Coast. And the day after his departure his wife took the sapphires to the goldsmith and had them set into a pair of earrings.

But after some time the young woman found that her eyesight was failing. Dark spots and clots swam before her eyes like big and small fish in the sea, and soon she could not see to thread her needle. As she grew anxious about it she looked up an old Finnish woman, who had sat in Elsinore for a hundred years—for the Finns are a strange people and will live to the age of several hundred years—since the time when, on the day of his coronation, King Fredrick IV had wished t
see his subjects from all parts of hi
kingdom, also from the country of th
midnight sun, and had had the
brought before him. The old woman
father, like many Finns, was skilled i
witchcraft and sold bags of wind to th
sailors: if you undid one knot of the ba
you would get a fine fresh breeze to ru
you along; if you loosened two kno
you would get a strong wind to blo
you forth; and if you loosened three yo
would get a fierce gale that woul
sweep you, amongst the foam of hig
billows, through the Skagerrak and th
Kattegat past the gray old castle
Elsinore down into the sound. Old Su
niva herself knew about medicines an
applied eye waters and ointments
the eyes of the young woman, but nor
of these did her any good. In the en
the old hag shook her head and said
the skipper's wife, "The forces that
have called upon to come to our assis
ance will not come forth. They tell m
that they know of this case, and th
they side with the forces that a
against us. An injustice, they tell m
has been done, and must be righte
And I cannot see but that your disease
incurable, and that you must go blind.

The fair young girl now wrung h
hands, tears ran from her half-blin
eyes, and she cried out, "O God, th
the Pretty Petrina was back in the ha
bor of Elsinore, and that I could ha
the glass taken out and the precio
stones set back where they belong
She seized the old woman's hand, clu
to it and begged her, "Sunniva, lead m
down to the end of the pier, and tell m
that you see on the horizon the gre
and blessed thing, a sail, and my lo
coming back to me. I shall tell him th
that he is free to fill up his big heart
he fills up his big glass!"

But the ship did not come back. I
stead of that, a letter from the consul
Porto in Portugal, to inform the peop
of Elsinore that she had been wreck
and had gone to the bottom of the s
with all hands.

And it was a strange thing and
terrible thing, the consul wrote, that
broad daylight, the sun high in the sk
she had run straight into a tall ste
rock rising out of the sea. E

*Isak Dinesen is the pseudonym of Kar
Blixen, born in Denmark in 1885. Af
her marriage in 1914, she went to live
British East Africa for more than fifte
years; she didn't begin to write until h
return to Denmark in 1931. Many of h
stories first appeared in* LHJ. *Dines
died in 1962 after completing seve
books, including the autobiographi
*Out of Africa.



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BARBARA MANDRELL

continued from page 125

recently begun to master the mood swings that resulted from a head injury. Her memory is still not what it used to be, and Barbara's right ankle, which was splintered, is painful even today. "There are things I was able to do that I may never be able to do again," she says on the eve of her return to the spotlight. But the important thing is that she has rediscovered her zest for living and is ready to challenge the world once again.

Several times each day, busloads of tourists drive slowly through the winding roads of pastoral Hendersonville, Tennessee, a suburb of Nashville. They pull to a stop before a pair of stately white wrought-iron gates, and the drivers announce: "Ladies and gentlemen, this is the home of the Queen of Country, Miss Barbara Mandrell!"

Fans spill out of the buses, cameras ready, and peer through the tall fencing that surrounds the queen's castle—a mansion that sits regally on a knoll overlooking a swimming pool, a tennis court, a helipad and a tranquil lake with a dock for Barbara's seventy-two-foot yacht, *Lady Encore*. What the visitors cannot know is that behind the massive doors and down a graceful curving staircase, Barbara may be peering back at them through TV monitors mounted high on the walls.

"We had to put in this elaborate security system," she says, smiling almost apologetically. "We've had several serious kidnapping threats, and you're never sure if someone is a fan or a disturbed person. We have three children now, and that's a big responsibility."

Barbara is tiny and sits nestled deep in a sofa in the high-ceilinged, wood-paneled study. Cuddled in her lap and nursing at her breast is baby Nathaniel. "He fought real big odds to get here, I can tell you," says Barbara tenderly, leaning down to nuzzle his fuzzy halo of palest blond hair.

But all the time she was pregnant with Nathaniel, Barbara was fighting her own battles, recovering from her nightmarish accident. On September 11, 1984, Barbara was driving home from a shopping trip with her two older children when an oncoming car careened out of control, crossed several lanes and crashed head-on into the entertainer's Jaguar.

For Barbara, "it was almost over in an instant," and she remembers nothing of the accident. One of her last memories of that day is leaving the parking lot and seeing a station wagon with children sitting in the back with the rear gate down. "I remember thinking, Oh, that's so dangerous, and telling my kids that we should fasten our seat belts. Isn't that strange? We had never used our seat belts before." Mark White, the nineteen-year-old driver of the car that hit them, wasn't wearing his. He was killed on impact.

"What I'm telling you now, I only know from being told," says Barbara. "But evidently there was no way to even see the car. It was just there—*bam*! There was a truck in front of me and the driver saw the car coming at him. He thought it was going to make a left turn, but it kept coming at the same speed. He just whipped the wheel in order to get out of the car's way. Except I was behind the truck. I couldn't even see the car until it was right on us. My daughter, Jaime, said that I gasped loudly and that there were two loud booms. She remembers everything."

Barbara and her children—Matthew, then fourteen, and Jaime, then eight—were rushed to the hospital. Not seriously injured, Jaime was treated and released, but Matthew, who had been sitting in the front seat with his mother, suffered cheek and nose fractures and a badly bruised bladder. "Matthew had a lot of pain for about a week," Barbara says.

"Jaime seemed fine. But she had real difficulty that night. She was really scared riding home in the car."

A long recovery

Of the three, Barbara was the most seriously hurt—although her family never told the public how seriously because they "didn't want all those people going through what we were going through." Although she suffered lacerations and abrasions, most of the damage was to her right leg and she spent a week in traction. Barbara's multiple fractures included a broken thighbone and knee and an ankle that doctors said was shattered in such an unusual way that there were only about fifty similar breaks in medical literature. A severe concussion made her delirious and caused depression, memory loss and mood swings that troubled her for months.

For twelve days after the accident, she received injections of Demerol and morphine which, when combined with the severe concussion, resulted in confusion as well as the delirium. "I wasn't aware of anything. I guess in this way I was blessed. All I know of that period is what my family tells me. My husband said I talked a lot, screaming, yelling and crying. And I was very demanding." She smiles shyly. "I'd look at the clock on the wall of intensive care at Baptist Hospital and say, 'Okay, I have to get ready now—it's show time!' I was obsessed with the idea that I was on the road."

When Barbara's on tour, a hotel room is usually booked for her so that she can freshen up before each appearance. "Here I was in traction, demanding to go to the bathroom. When they told me I couldn't, I yelled at Ken [her husband], 'This is the worst clean-up room yet—don't you *ever* book me in here again!'"

But the delirium, even the outbursts that accompanied it, was peaceful compared with the trauma that followed after Barbara's doctors substituted Tylenol for the narcotics. "I don't have the words to describe what it was like. I've always been gutsy about pain, but not that kind of pain.

"All my doctors were very *(continued*

THE WHITE HOUSE

WASHINGTON

September 20, 1985

Dear Nathaniel:

Welcome! Your arrival in this exciting and challenging world is a cause for joy far greater than you can know right now. In the years to come, you will fully understand how lucky you are to have been born in America to those who love you so deeply.

My hope is that you will realize the precious meaning of life in our nation and that you will always bear in your heart a special love for the freedoms we enjoy as a people. We live in a time when threats to human life and human freedom are at their zenith, and the world has dire need of people dedicated to their sacred cause. My prayer is that my generation and that of your parents will leave you a world made new in these values, so that you and your children's children can know that sublime joy which hovers by the cradle.

Take pride in whatever you do, keep faith with the blessings of your heritage, and remember the sacrifices so many have made before you to win the light of this day. Do these things, and you will return to this world a thousandfold the gift of your wonderful birth.

Mrs. Reagan and I join in sending you our best wishes for a long and fruitful life.

Sincerely,

Ronald Reagan

A framed letter from President Reagan to Barbara's son Nathaniel hangs in the nursery.

For a little excitement, dress your pears in red.

Everyone knows pears taste great right out of the can.

But use your imagination, and they can take on a whole new color.

Add canned pears to fruit salads, meats, and casseroles. Bake them in cakes, pastries, and breads. Make a sorbet or a pear shake. Eat them with breakfast cereal. Or pair them with ice cream and chocolate or your favorite liqueur. Delicious!

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So choose U.S. canned Bartlett pears. They can dress up any meal.

RED DRESS PEAR SALAD

- 1 can (16 oz.) Bartlett pear halves
- 6 cups torn Bibb lettuce
- 1 cup *each* torn curly endive and radicchio
- 1 small red onion, thinly sliced and separated into rings
- ½ cup *each* slivered red pepper and shredded red cabbage
- 2 tablespoons toasted pine nuts or slivered almonds (optional)
- Fresh mint sprigs (optional)
- Vinaigrette dressing

Drain pears; cut halves in half. Combine lettuce, endive, radicchio, onion, pepper and cabbage. Add pears; toss gently. Garnish with nuts and mint. Serve with favorite vinaigrette dressing. Makes 4 to 6 servings.

For more recipe ideas, send a stamped, self-addressed envelope to: Pacific Coast Canned Pear Service, Inc., P.O. Box 7111, San Francisco, CA 94120

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BARBARA MANDRELL
continued

anti-drugs, and I thank the Lord that they knew how anti-drugs I am. Otherwise I'd probably have become addicted," she says. But the pain became so intense that doctors were forced to prescribe Darvocet, a more potent analgesic than Tylenol. "I didn't finally pull myself off it until I was five months pregnant."

Her psychological problems were as devastating as the physical pain. The concussion affected me for a long time. It was a very slow process, getting back to being myself," she says. "You know the TV game show *Name That Tune*? Well, not to brag, but before the accident, I could have won a hundred thousand dollars every show—that's how good I was." She smiles. "After the accident, I couldn't name a single tune. That scared me to death!

"And I had terrible mood swings. I'd scream at my children. If my husband ever treated me the way I treated him, I would have left him. But at the time, I felt no guilt. I didn't care about anything." It took a small miracle to bring Barbara back to herself.

The new baby

Six months before the accident, Barbara and her husband, Ken Dudney, had decided that they wanted a third child. But after the accident, it was a forgotten dream. "For purely physical reasons, Ken and I couldn't be together," Barbara says, adding with a blush, "I'm getting very intimate now, but you know what I mean."

Then, two days before Christmas, 1984, at their winter home in Aspen, Colorado, Barbara and her husband were sexually reunited. A month later, Barbara complained to her neurosurgeon of pains in her abdomen. "He immediately sent me to the gynecologist—he thought I was still suffering from the effects of the crash impact, which was in excess of one hundred miles an hour."

After examining her, the gynecologist told Barbara that she either had a large tumor or was pregnant. "I was stunned," she remembers. "Then he took ultrasound pictures, and it turned out to be *both*."

Barbara was frightened. "The pictures confirmed the existence of several nonmalignant fibroid tumors, and one of them was a lot larger than the baby. What's more, it was the cellular type of fibroid, which means it was fast-growing. The doctor said there was nothing to worry about, that the fetus would push the tumor aside to make room for itself. But he was worried about whether I was strong enough at th point to have a baby."

This would also be Barbara's thi caesarean section. Since she's only fi feet one and three quarter inches ta and small boned, her pelvic structu did not permit a normal delivery.

"Finally, the doctor said this pre nancy was God's will, and that a though I wasn't well enough yet, he w sure I would be by the time I ga birth." Devoutly religious all her li Barbara clung to that thought, thou she remembers crying to Ken, "I ju can't have a baby now. How can I ta care of a baby when I can't even ta care of myself?"

Her concerns and fears didn't disa pear completely until the moment s saw Nathaniel, a perfectly form seven-pound seven-ounce infant. S doesn't like to be away from her bab and now that Barbara's back at wo she takes him everywhere—includi the difficult comeback tour she beg on February 28. Except for one albu *Get to the Heart,* which was releas last August, this is her first proje since the accident.

But there are other fears that ling "I'm still absolutely petrified to ride a car," she confesses. "And I can't fa driving yet, although I'm determin to try again someday."

smoke
please try Carlton.

Several months ago, fifteen-year-old att obtained his learner's permit and ked his mother to accompany him on practice trip to town. "That meant ving right past the site of the crash," rbara says, "but I had to show my n I had confidence in him." She made e trip, she says, mustering as much irage as she could. "When it was er, Matt said, 'I want to thank you, m, for not being scared with me ving.' 'I *was* scared,' I replied hon-ly, 'but I was no more scared with u than I would have been with the st experienced driver in the world.'

"He's wonderful now, but the year of e wreck was hard for Matt. His ades took a dive, and he had trouble king friends at school. We were very rried; it was something we had never alt with before."

Barbara blames her own personality ange for her son's problems. She had ways been full of sparkle and inter-ed in everything that life had to of-. "After the accident, I stopped caring out anything for a long time. There s no joy. I used to read a lot before e accident, but I haven't read a book ice. A lot of things are different, and on't understand it."

Looking down at her baby son, Bar-ra stops talking because Nathaniel s fallen asleep. Gently, she carries him to an automated crib and pushes a button. As the crib rocks gently, Nathaniel lazily opens his eyes and smiles up at Barbara. "You're going to be a b-i-i-g boy, Nathan, just like your daddy—not like your midget mother. . . ." she croons.

Almost six feet tall, Ken Dudney, a former Navy pilot, towers over his wife. He is eight years older than she is—"and wiser," Barbara says. "Ken is smarter than I am, and that's important, because I've always been strong-willed."

A show-biz natural

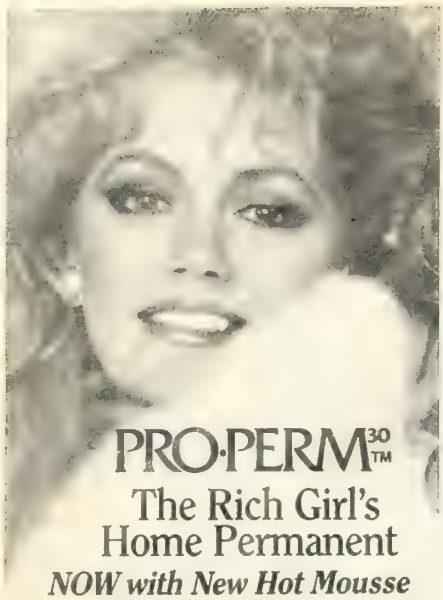
Ken and Barbara fell in love when she was only fourteen, touring with the Mandrell Family Band, formed by her father to showcase his musical brood. Barbara and her younger sisters, Louise and Irlene, sang trio while their father, Irby, played rhythm guitar, and their mom, Mary, played bass.

"Ken was in college, working three different jobs, and I liked that because I respect hard-workin' folks who don't expect things to come easy. Daddy hired him to play drums, and I set out to get him," she says, grinning.

But it didn't take much to catch Ken, who was attracted to Barbara right from the start. They were married in 1967, shortly after Barbara's eighteenth birthday. She wanted to settle down as a full-time wife, but when Ken was sent abroad as a Navy pilot, Barbara once again began to long for the spotlight.

One night, her father took her to the Grand Ole Opry. Barbara turned to him and said, "Dad, I wasn't cut out to be in the audience. If you'll manage me, I'd like to perform." It wasn't long before she was back onstage, singing at local nightclubs, making records and even bringing down the house at the Opry itself. She began turning out hits that added a new term to the lexicon of country music—blue-eyed soul. Even after her first two children were born, Barbara continued to tour, make records and do TV shows—always taking the youngsters with her, "because family comes first."

As often happens with husbands of superstars, Ken ultimately shaped his career to Barbara's; he went from professional pilot to business manager for his high-flying wife. It's Ken who oversees her commercial enterprises—Barbara Mandrell's One Hour Photo franchise, a booking agency called World Class Talent, and Barbara Mandrell Country, a Nashville museum where the displays include everything from home movies to the more than fifty awards she's won—including two Grammys, a pair of Entertainer of the Year awards and the People's Choice Award for an unprecedented four *(continued)*



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BARBARA MANDRELL
continued

years in a row (1982 through 1985).

Settling back on the sofa and lighting a cigarette—a habit she says she "could give up, if only I *wanted* to"—Barbara concedes that her hard work has paid off. "I've made a great deal of money," she muses, "but it wasn't just me making it. It was all the people who work for me." Nearly one hundred people, including musicians, executives, clerical workers and her own parents, are at least partially dependent on Barbara for their livelihoods. Some had to be let go after the accident, when neither money nor music meant anything to Barbara and she felt "no desire ever to go back to work."

It was only after Nathaniel's birth that she began to realize how responsible she was for her family's luxurious lifestyle, a lifestyle that's evident from a tour of her elegant, eclectically furnished home. Sunlight streams in through glass walls that look out onto lake and sky. Sparkling crystal chandeliers, plush Oriental carpets and fine china abound, and the nursery is a cloudlike confection. Embroidered eyelet covers the walls and ceilings, and dozens of gifts from Barbara's famous friends are scattered about.

A sentimentalist, Barbara displays her children's school projects as proudly as costly oil paintings. Even the family pets, a Labrador retriever, a Yorkshire terrier and the Persian and Himalayan cats, have their own sleeping cushions; and needless to say, the parakeet has a gilded cage. "If we ever had a fire," Barbara says, grinning, "we'd run for the kids and my wild kingdom—the rest wouldn't matter!

"Sure, we could do without all this and still be okay," she says, turning serious. "But I don't want to change my children's lives. And I'd feel guilty not earning my keep," she adds thoughtfully.

On the road again

Barbara is not just easing back into business—she's charging back, as though trying to make up for lost time. When her tour is over, she'll be back in the recording studios. And she'll begin work on a CBS television movie tentatively titled *A Question of Guilt*. But all of this isn't just for the money. "I couldn't do it for all the money in the world if I didn't love to entertain people," she says, her eyes twinkling. "I hope I still love it. I'm a little nervous about the tour, but that will probably disappear once I get started."

She has no fears of forgetting her lyrics in concert now that her memory is returning. "The moment I drive out of those gates up there, I belong to the people. I've given shows when I felt so bad I could lay down and die. I've performed with a hundred-and-six-degree fever from viral pneumonia. But the public never saw anything but a smile. I would never set foot on a stage," she pledges proudly, "unless I could give one hundred percent to my audience."

But this is one time when it certainly won't be easy. Thrusting out her right leg, Barbara tentatively tries to twist her damaged ankle. "It'll bend up and down, but not from side to side. I don't know if I'll ever get the mobility back—I haven't tried to dance yet. And I'm not as strong as I used to be. I used to arm wrestle men and even beat a few of them," says Barbara, tiny as she is.

An avid athlete who particularly enjoys skiing, Barbara was upset when her surgeon told her that she couldn't go skiing last season. "I always took my health for granted, but no more. Shoot, I'm lucky to have my leg at all. Last October, they took me to see the car I was driving, and where I had been sitting, there was nothing left.

"There was no evidence that the driver who hit me had been drinking or anything like that," says Barbara softly. And the car was demolished, so it was never determined why it went out of control although there is speculation that the accelerator may have gotten stuck.

She's never blamed the young man for the accident, and her family even sent flowers to his funeral. "Every time I think about that boy, all I can think about is his parents," Barbara says. "My heart just goes out to those people and I pray for them. I look at my own children and just can't comprehend what it would be like to lose one of them to death.

"We don't talk about the accident much—Ken doesn't want to remember it," Barbara says. "I took out much of my pain and anger on him, because you always let out your feelings most with those you love. I used to be very independent, but since the accident I've been brought to tears just imagining what I would do if I didn't have Ken."

And Barbara feels that way about her faith as well. Even in the depths of her depression, she never lost her deep religious feelings. "One day our minister called on me and said, 'Barbara, I'm sure you are asking questions like "Why did God let this happen to me?" I was shocked. 'No, sir, that never entered my mind,' I said. My belief is that the Lord never makes bad things happen, ever."

Barbara Mandrell walks to the crib and picks up Nathaniel, pressing her lips to his pudgy cheek. "God didn't cause my accident, but He gave me this miracle," she says elatedly. "And not a day goes by that I don't thank the Lord and feel deeply blessed." **End**

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PHYLICIA RASHAD

continued from page 36

He says, "If Phylicia and Ahmad have a child, the Huxtables will add a sixth child. It will be a boy—and they'll call him Ahmad."

The actress has high hopes for this marriage, her third. "Bill told my mother, 'When I give 'em away, they *stay* given away,'" she says, laughing.

Phylicia's relationship with her co-star has been warm and friendly from the start. "The first time I met Bill Cosby was at the audition in Los Angeles," Phylicia remembers. "Everything about it said yes. The chemistry was right."

The chemistry between Bill and Phylicia comes through every week on *The Cosby Show*. The TV couple and their five children have thoroughly captivated the American audience. "So many shows have somebody running around with somebody else's wife, as well as violence and crime," says Phylicia. "It's not good for children to look at that stuff. That's why people watch our show. They want to see something that makes them feel good.

"On the show, I don't have to say, 'Cliff, I love you,'" she adds. "People know that Clair loves Cliff and Cliff loves Clair. The most difficult thing to act or write is caring and communication without getting all syrupy and mushy. When you make a viewer feel real love, you've done something."

Clowning with Cosby

Phylicia says that working on the show is as much fun as it seems. Cosby is always clowning, and good times on the set abound. "During one scene," explains Phylicia, "Cliff comes into the bedroom, and Clair is still sleeping. He has a breakfast tray with a croissant and butter and jelly. She wakes up and asks him to share it.

"He breaks off the tiniest piece," she continues, "puts butter and jelly on it and hands it to her. She's supposed to stick it on his forehead, and they laugh. Then she's supposed to give him a kiss, run her hand down the side of his arm to the tray and grab the croissant.

"I gave him a peck, then turned to find the croissant. The director yelled, 'Stop tape! You can't do that! You really have to *kiss* this man!'

"I said, 'I can't kiss the man and find the thing at the same time.' Then Bill said, with a straight face, 'Quick! Somebody call my wife and tell her there are no problems 'cause this woman can't kiss and find the thing at the same time!' There was a live audience, and they were in hysterics!"

Another reason working on *The Cosby Show* is such a joy, according to Phylicia, is that besides being consummate professionals, the cast and crew are also caring human beings. "If Billy, my son, was ill and I needed to stay home, I could, no questions asked," the actress says. "That wasn't true when I worked in the theater. They always used children as an excuse *not* to hire young mothers, so I had to be careful never to give them that opportunity."

Early encouragement

Her own childhood, says the actress, was a fairy tale, and "I wouldn't trade it for anything in the world." She grew up in Houston, Texas, the daughter of Dr. Andrew "Tex" Allen, a dentist, and Vivian Ayers, a noted poet nominated for a Pulitzer prize for her book *Spice of Dawns*. "My mother," says Phylicia proudly, "has been an inspiration to me throughout my life. People call her Phylicia's or Debbie's mother, but the truth is, we are Vivian's daughters." Phylicia and her mother remain very close; Vivian lives in Phylicia's Westchester County home and is currently studying Greek at Columbia University.

The middle of three children (besides younger sister Debbie, she has an older brother, Tex, who is a jazz musician), Phylicia claims that even her parents' divorce, when she was still a young child, was not traumatic. "What I remember is that I always felt loved by both of my parents. I don't view their divorce as a tumultuous or difficult period," she insists. In fact, Phylicia is especially grateful that her father remained a strong influence in her life until he died in 1984.

It was Dr. Allen who made sure that his daughters went to college. He sent both of them to Howard University, where he had attended the College of Dentistry, and Phylicia concentrated on drama. Surprisingly, the beautiful actress confesses that it wasn't until she got involved with acting and the theater that she finally stopped thinking of herself as ugly.

"My mother has always been an exceptional beauty," Phylicia explains. "She used to stop traffic. My father looked like a matinee idol. My sister was cute as a button, and my brother always had dozens of girlfriends. I used to say that God must have been on a break when I was born."

Her ugly-duckling complex began to change when, at age eleven, she was chosen to emcee a citywide music festival. "I got up on the stage that night, and I was wearing a beautiful dress, my hair was all in curls, my tiara was full of flowers, and I had on new shoes. When the lights went out, a wonderful thing happened. The spotlight came on, and it was just me and the light. I felt so free. I felt beautiful for the first time in my life. That was when I decided to grow up to be an actress."

After Howard University, Phylicia headed for New York City. Work in community theater, road shows, workshops and Broadway shows followed.

Phylicia married her first husband, dentist William Bowles, in 1973 and gave birth to Billy soon afterward. She worked harder than ever in her career. "It was a painful time," she admits. "My son was a joy, but I was frantic about my career. Relatives and friends were saying 'Oh, there goes your career. You're having a baby.' I worked even harder to prove them wrong."

Phylicia, while appearing as a munchkin in *The Wiz* on Broadway, often brought Billy to the theater. "We had a little nursery set up," she says. "The director loved Billy because he was an exceptional baby. He would sit in the stroller and watch the entire rehearsal without making a sound. No one knew he was there. He really grew up backstage. Debbie was in *Raisin* on Broadway, and she'd come over and steal him some afternoons."

Phylicia's marriage ended after two years, but she has no bitterness. "My son's father is a great man; I like him a lot," she says. "What I didn't understand at the time is that it really takes time to have a child and a career. You can do it, but the person that you're with has to help. You need to have mutual understanding." (A second marriage, in 1978, to Victor Willis, singer with the rock group the Village People, also ended after two years.)

After *The Wiz*, Phylicia did commercials and an album, and performed with the prestigious Negro Ensemble Company. Then followed a yearlong stint on the soap opera *One Life to Live*, and finally the *Cosby Show* audition. The rest is television history.

Help from on high

Phylicia believes that the good times and the bad, the hard times and the phenomenal success, all occurred for a reason, and all helped her to develop as a person. "I find that whatever my experience has been, whether easy or difficult, pleasurable or not, it has been what it needed to be for me. I'm truly grateful for that understanding," she says mystically.

She attributes her new attitude to her Siddha meditation practice and a meeting she had in 1980 with Swami Muktananda, a religious leader whose photograph sits on her vanity.

"When I met the swami, I was introduced to him as a singer, which was odd, because I was known as an actress," she recalls. "He looked at me and said, 'Beautiful. When you sing for Baba [the swami], *(continued)*

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Betty Crocker

You Sweetalker, Betty Crocker

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PHYLICIA RASHAD

continued

sing for yourself, sing for God.' His words went right into my heart, and vocal problems I had suffered for so long just melted away. I used to sing to please other people. I was always worried about sounding right. After I met the swami, the singing became effortless. It's such freedom. He gave me that."

Now Phylicia meditates for an hour, each morning at five o'clock. "It's a very vital part of my life," she explains. "It' as vital as breathing. I do it because love it. I do it for my health."

For now, with everything clearly go ing her way, Phylicia's mental an physical health does not seem to be i jeopardy. She and Ahmad are plannin a long and happy life together. In fac "This is the first time I've ever change my name," says Phylicia. "It's not a bi deal, but I like it. I like the way i sounds. I like the way it feels. And like the meaning of 'Rashad,' which i 'seeker who is led to truth.'" En

CAMILLE COSBY

continued from page 37

Camille is the mother of four daughters (Erika, twenty-one; Erinn, nineteen; Ensa, thirteen; Evin, nine) and one son (Ennis, seventeen). And it was her quiet beauty that Cosby said he was reminded of when he cast Phylicia Rashad (formerly Ayers-Allen) as his wife on his new show. But most significantly, the devotion and deep love Cliff Huxtable exhibits for Clair is not only matched but surpassed by the real passion with which Bill Cosby loves his own wife, Camille.

"Bill Cosby worships the very ground his wife walks on," gushes a magazine editor who once interviewed Camille and her mother for a feature about the two women going back to school together. (Camille got a graduate degree from the University of Massachusetts a few years ago.) "I'm sure pillow talk with Camille has helped sign more contracts for Bill and created more characters for his show than anything else," says a family friend. "Camille is still a woman of stunning beauty and equal substance. The love between her and Bill is still there, and so is the passion."

One important reason for the Cosbys' marital happiness, says a friend, is that "Camille really understands that Bill's talent belongs to the world. A wife has to sacrifice time spent with her husband if he has that kind of genius." By remaining private herself, she has provided Bill with a home where he can take refuge from public life and replenish his creativity.

Home for the Cosbys is actually four residences: a rambling, 265-acre farm estate in a small town outside Amherst, Massachusetts, where the family spends most of its time; a townhouse on Manhattan's East Side; a house in California's Pacific Palisades; and a house outside Philadelphia. The Cosbys restored their 150-year-old, sixteen-room clapboard farmhouse in Massachusetts and furnished it with colonial antiques. When they relocated to New England from California, Camille explained why they moved back East. "I love it here because there aren't a lot of peopl driving by and bothering us. I never di get used to all the sightseers [when th family lived in Beverly Hills durin Cosby's *I Spy* days]. Sudden success very difficult to deal with." Even Cosb admitted, after spending three month in Amherst, that it was difficult to r turn to the stresses of the entertai ment world from such serenity, "a pla where there's land for your childre where time doesn't play such a gre part in what you do and where peop tend to trust a little more."

It is at the Massachusetts home th the Cosbys do most of their entertai ing with a small and intimate group friends, among them Broadway actre Gloria Foster; her former husband, a tor Clarence Williams III (*Mod Squa Purple Rain*); and actor Al Freeman, ABC's *One Life to Live*, and his wif Sevara. Camille, an accomplished am teur photographer, delights in captu ing these gatherings on film.

Although Camille has never been career woman like attorney Clair Hu table, she is very much a workin woman. Friends invariably refer "Camille's projects," which are as c verse as her duties as a board memb for both the Reverend Jesse Jackso PUSH For Excellence program (whi works with high school students to g them committed to schoolwork) and t National Council of Negro Women. fact, Camille employs a personal bu ness staff that shares a Santa Moni office with her husband's staff, and s has her own public relations agent. S is also very much involved in the bu ness affairs of Cosby's own enterpris "Camille runs the Cosby ménage t way Lee Iacocca runs Chrysler," not one family friend.

And, as you might suspect, Cami Cosby is also a terrific mother. Sa Phylicia Rashad, "The Cosby childr address adults as Mr. and Mrs., a they show respect for one anoth They're very well-behaved, but it's r artificial. It reminds me of Southe gentility." Discussing her parenti philosophy, Camille says, "Our ch dren are never excluded from anythi

ey really like to talk with adults." mille, of course, has been listening e nation's favorite adult "kid," Bill y, since she was a teenage bride. as every mother knows, dealing a child of any age is never easy. reas Dr. Cliff Huxtable always ages to keep his wisdom and or, Bill Cosby, the real man and and, is much less laid-back. He has said to be tough and demanding, a ctionist who can at times seem im- ble to work with. His children's es all begin with the letter *E*, he because it stands for excellence. does Camille keep him centered relaxed? "With a sensitive and gen- and," says a friend. "She is the beneath his wings."

r desire to keep her private life te is a wish Cosby has respected ughout their marriage. He rarely sses his wife in interviews, but n he does, it is always with affec- When his children were still very g he told one reporter, "You know t makes Camille great? She's in- ible-looking on the outside, but even *more* beautiful on the inside. that's what's important. I wish a ille on every husband." And very ntly he made it clear that he still the same way. "More than any- g, I know how happy I am at e," he says. "In the past eight or years, I've given up all of myself to wife. I'm no longer holding any- g back. I find myself falling deeper deeper in love with her."

nd while the trials and traumas of ing a family have obviously been source of much of Cosby's comedy erial, one gets the feeling that tever marital tiffs he and Camille have had, they will never be cled in public. He is not the sort of to ever make "Take my wife— se!" jokes. Nor is Camille the kind oman who will ever become a Hol- ood Wife, even though her hus- d's income is in the millions and family owns a private jet and en cars as well as an impressive collection.

ut ultimately, how well any celeb- wife survives fame and fortune de- ds largely on the celebrity she is rried to and how much of a priority is in his life, explains psychologist ne Ashmore Poussaint, Ph.D., the e of noted psychiatrist Dr. Alvin ssaint, script consultant to *The by Show*. "When people respond to elebrity, they are really responding power," she says. "And it's deferred ver when you give it to a woman who narried to a famous man. It takes a man supremely confident in who she nd whom she is married to, to as- ne such power and keep *(continued)*



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CAMILLE COSBY
continued

her own sense of self intact." What Cosby does, friends say, is to make Camille clearly important. "You know that in order to have his respect, you must give his wife respect," says a family associate.

Bill Cosby is a man who has always made clear choices and given them public dignity. He made a choice from the very beginning to be a black comedian who does universal humor, just as he made a choice to marry a lovely girl named Camille twenty-two years ago and remain true to that union. He knows better than anyone the special kind of beauty a marriage that has endured brings to his life and his art. "My life is a very, very happy one," he says. "It's a happiness of being connected, of knowing that there is someone I can trust completely and that the one I trust is the one I love. I also know that the one *she* loves is definitely the one she can trust."

Who would expect less from a man like Bill Cosby and a woman like his wife? And who could ask for more—in marriage or in life? **End**

Audrey Edwards is the editor of Essence *magazine.*

IDEAS THAT SAVE TIME
continued from page 66

Shopping savvy

- Shopping is the easiest chore to delegate, so do it whenever you can. A detailed list makes life simpler for that day's shopper. It reduces the chance of error and helps keep the budget balanced. Give clear instructions. You'll avoid conflicts that come from misunderstandings.
- Husbands, who often resent cleaning chores, seem to find shopping acceptable. If they make a mistake, try your hardest to laugh it off. Remember, your attitude helps to determine whether another person will do the work.
- Keep a running list of items that need to be replaced. Hang on a cabinet door.
- Kids love to shop, but bear in mind practical limitations when you send them on an errand. An eight-year-old will need more guidance than his twelve-year-old brother.
- Buy socks and underwear by the dozen. Assign each family member one type of sock and buy only that type. If you buy stripes or argyles, buy many alike. You'll inevitably lose some, but you'll still have matching pairs.
- Make a special date and shop for your child once a season. Go for lunch and make it a treat, not a chore!
- Buy next holiday's items at the sa immediately after the holiday. (But member where you stored them!)
- when you're on vacation, try buy your holiday gifts instead of frivol souvenirs. It's a clever time-saver, a you won't waste money by shopp just for the sake of shopping.
- If you shop in one favorite superm ket, make your list aisle by aisle. Yo stop wasting time wandering back a forth because of a haphazard list.
- If you have to give a lot of preser select a standard gift for each type occasion: decanters for weddings, bo for hostesses, etc. Keep a few extra hand. Get them wrapped in advance

Make time for you

- When you get a headache, or wh you just plain feel sorry for yourself, time to listen to your body and ma time for you. Everyone needs an oc sional recharge.
- If you need more breathing space, getting up a half hour earlier in morning.
- Join a health club or exercise cl and work on your body.
- Schedule a real leisure activity part of your day, and be sure not to s it. Whatever you do, keep remind yourself that time spent on yourse *not* time wasted. E



THE JOY OF COZY SEX

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life. "If you remember having found asure in the backseat of the car, then all means go out to the garage and together in the backseat," O'Connor es. "Sex is an expression of your peralities and your relationship. It uldn't have to meet any outside ndards. Don't be afraid to return to best times, those that are truly sating, rather than trying something just because it *is* new."

ouples must also learn to set their norms and have confidence in m. "There's no point trying to have three or four times a week simply to p up with some mythical standard if 're not comfortable with that stand," O'Connor continues. "If you do, will become mechanical, a physical lacking in affection."

Couples must also remember that does not always have to be interrse," Klagsbrun adds. "It can often ply be expressing affection—kiss, hugging, holding hands. Being e to each other is important and oyable for men as well as for women. n who've been forced to feel that pernance is everything will be reased to know that a preference for cudg is not necessarily a sign that they have lost their masculinity."

Indeed, those couples who are happiest in bed have not forgotten the simple joys of snuggling under the covers with their partners when it's storming outside . . . awakening in the morning to find themselves nestled together and staying that way for a few precious minutes . . . or of just kissing and touching, slowly, warmly, with no thought of intercourse at all. It's not surprising that scientists who have studied the power of touch have noted its remarkable healing powers. In fact, very sick infants who are placed in incubators for extended periods of time have been found to thrive when they were held, stroked and petted regularly, leading doctors to speculate that the yearning to be touched may well be one of our most basic urges.

Learning to trust

It's equally essential for couples to be aware of the importance of trust. "You can't overestimate the emotional and physical satisfaction in a long-term relationship that comes from two people knowing they can honestly bare their bodies and their souls to each other," says Ellen Frank, Ph.D., associate professor of psychiatry at the University of Pittsburgh School of Medicine.

But such trust doesn't develop right away. "It takes time for two people to develop the kind of trust that allows preferences to be stated without fear of hurting the other person's feelings," says Klagsbrun. This is especially true for wives, notes Frank. "In a new relationship, there is excitement for a woman, but often she is less likely to be satisfied. Unless a man is an unusually skilled lover, it takes time for him to learn how to satisfy a particular woman. And a woman must not be too shy to show him how."

All this is not to say that you should *never* experiment with love. "The sexual revolution gave much information to people who weren't happy, who didn't appreciate the joy of cozy sex, who in fact might have had rotten sex lives," Schwartz says. "It helped them to hear that there were steps they could take to improve their lives."

Adds O'Connor: "If you read about something new in a sex manual that you think you'd like, go ahead and try it. It may enrich your life or simply be something fun to look forward to—a vacation from what you usually do."

The most important thing is not to underestimate familiar intimacy. There is something wonderfully special about being free to express yourself fully with the person who knows you best in the world. **End**

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FIBROIDS

continued from page 102

the muscular uterine wall may eventually press against other organs, triggering discomfort or even causing the abdomen to bulge. Another type, the pedunculated fibroid, hangs by a stalk from the uterine wall and may protrude out of the uterus into the vagina.

How doctors treat them

If fibroids are small and aren't causing any problems, most doctors will tell a patient to do nothing except return for regular checkups to make sure they're not growing or at least not growing fast. Then, too, many fibroids tend to shrink after menopause, when estrogen levels drop. If a woman can tolerate their presence until then, the fibroids should cease to be a problem.

Women taking birth control pills must switch to another form of contraception if they develop fibroids. The estrogen in the Pill can stimulate fibroid growth. Doctors also recommend avoiding red meat on the theory that the naturally occurring estrogens in cattle, plus the small amount sometimes administered to cattle to promote weight gain, can increase a woman's exposure to the hormone and cause fibroids to grow. There's also some evidence that losing weight may help shrink fibroids. The heavier you are, the more estrogen there is circulating in your blood.

Surgery is usually indicated in younger women when fibroids become very large or cause troublesome symptoms. Sharon, thirty-eight, had known about her fibroids for many years before they started to bother her. She didn't pay much attention when her menstrual periods became progressively heavier, until Christmastime two years ago, when the profuse bleeding couldn't be ignored. "I spent the entire holiday weekend in the bathroom," Sharon recalls. "It was so bad that I literally could not sit through Christmas dinner without running to change pads every fifteen or twenty minutes." Because her fibroid was of the pedunculated variety, Sharon's doctor suggested a myomectomy (the medical term for fibroid is "myoma"), an operation that removes only the growth, leaving the uterus intact.

The surgical options

Sharon was lucky. In most cases, if a fibroid tumor causes the uterus to grow too large (to the size it would be during the twelfth week of pregnancy), many doctors routinely suggest hysterectomy—the removal of the uterus—whether or not symptoms are present, under the assumption that if the fibroid grew any larger, surgery would be more difficult. Of the 664,000 h terectomies performed in the Uni States every year, an estimated 30 p cent are due to fibroids.

However, many doctors now beli that even though a fibroid stretched the uterus to the twelve-we size, as long as it is asymptoma there is no reason for surgery. So doctors also believe that myomecto should be tried before hysterecto (Hospitals reported about 45,000 m mectomies performed in 1984, the l year for which figures are availab But since myomectomy is a com cated surgical procedure, requir top-notch surgical skills for very ca ful dissection of blood vessels, it n not be an option for every woman.

Making the choice

Like hysterectomy, myomectomy major surgery, usually perform through an abdominal incision (for c metic reasons, a horizontal "bik line" is better than a vertical incisio though it can also be done vagina depending on the type of fibroid and location in the uterus. Both hyster tomy and myomectomy require a fi to seven-day hospital stay and a thr to six-week recuperation period.

However, though myomectomy d preserve a woman's reproductive pability and avoids some of the lo term health consequences of remov the uterus, the higher complicat rate associated with the surgery can be ignored. In hysterectomy, such c plications as hemorrhaging, infect and adverse reaction to anesthesia cur in up to 50 percent of cases. Thou exact figures are not available, the r is slightly higher for myomectomies

What's more, unlike a hysterecto a myomectomy won't settle the fibr issue once and for all. In suscepti women, new fibroids may start to gr and in up to 50 percent of all cas they do. Then there's the fact that ma doctors are unskilled in myomecto A woman considering myomecto should inquire about her surge experience with the procedure switch doctors if she has any dou about his skills. (A large teaching h pital can give a referral.)

And sometimes doctors discover w a woman is on the operating table t she requires a hysterectomy. (For stance, a hysterectomy will be p formed in the extremely unlikely ev that a fibroid proves to be maligna Patients are asked in advance to sig form consenting to a hysterectomy der such circumstances.

If there is no choice . . .

Since some women must have a hys ectomy, they should be aware of,

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k with their doctors about, the phys- and emotional problems that can se following such surgery. Many of se problems may be due to the fact t in more than 50 percent of all es, doctors remove the estrogen-pro- ing ovaries along with the uterus, ler the assumption that this practice vents ovarian cancer. However, since lifetime risk of ovarian cancer is over 1 percent (meaning the odds ninety-nine to one a woman will get it), the remote chance that can- will occur must be measured inst the many benefits of leaving ovaries intact. According to Lu- nne Lanson, M.D., author of *From man to Woman: A Gynecologist An- rs Questions About You and Your dy* (Knopf, 1979), removing the ova- s from premenopausal women, even se over fifty, is always a shock to the tem, since the ovaries continue to duce some estrogen until age sixty. d unlike normal menopausal symp- ns—hot flashes, depression, back- es, headaches, dry skin and atrophy vaginal tissue—which gradually ap- r as estrogen levels ebb, surgically uced menopausal symptoms can be matic and are not easily controlled h estrogen replacement therapy, a mon treatment following menopause. Estrogen also protects against os- teoporosis, the progressive bone loss that affects virtually all postmenopausal women. Removing the ovaries cuts off estrogen sooner than nature intended, increasing the severity of the loss.

Not to be overlooked are the emotional problems that a hysterectomy can cause. According to recent reports, more than half of all premenopausal patients who undergo hysterectomy suffer severe postoperative depression that may last for years; many of them require psychiatric treatment. In the past, doctors regarded this depression as purely psychological, a "neurotic" reaction to the loss of the reproductive organs. However, its prevalence has led some to suggest that it may in fact be related to hormonal imbalances brought on by the removal of the uterus.

Still other women complain of sexual problems, such as lack of desire or diminished response. A recent and widely respected study published in the *American Journal of Obstetrics and Gynecology* showed that between 33 and 46 percent of women who have undergone hysterectomies experience difficulty becoming sexually aroused and reaching orgasm.

Finally, a hysterectomy can affect other aspects of a woman's health. In general, women enjoy a much lower rate of heart disease than men do, but studies now show that following a hysterectomy, a premenopausal woman faces *triple* the normal risk of this common killer. No one knows why, though some experts speculate it may be due either to the physiological or psychological stress of surgery or to some yet-to-be-discovered mechanism caused by the operation itself. There is also some evidence that the uterine hormone prostacyclin might be responsible for protecting women from heart disease. If so, the benefits of hysterectomy as a treatment for a non-life-threatening condition have to be measured against the risks of removing an organ that might not be obsolete after all once our childbearing days are over.

Although my own fibroids were relatively small when first detected, they continued to grow at a fair clip. Two years later, they passed the twelve-week point, and for me, the higher risk associated with myomectomy seemed worth taking considering the finality of a hysterectomy. Happily, I had no complications at all and recovered completely within a month.

Of course, I know there's a possibility that my fibroids will come back and I'll wind up in surgery again, but right now I'm content to have my organs intact . . . and my options open. **End**

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JOHN HUSTON

continued from page 101

on the part of anyone who had any feeling for her. It was only shortly after that I realized she wouldn't listen to Arthur at all; he had no control over her."

Elizabeth Taylor and Richard Burton

"Elizabeth was the most beautiful child ever, and she grew into the most beautiful woman of all time," Huston reflects, his eyes twinkling affectionately. "The marvelous, lovable thing about Elizabeth is that she has an infinite capacity for adventure. She takes life—chunks of it—like a sculptress and molds it according to her own pattern. Like Catherine the Great, she selects her men, picks her lovers; she does not allow grass to grow under her feet in between men. There must be no empty moments between raptures!

"The high point of her life, of course, was Richard Burton," Huston continues. "During the peak of their marriages, there was an almost palpable magic between them. Theirs was a love affair that ended only with his death."

Huston had great respect for Burton as an actor and as an intellect. "Burton was one of the most civilized and cultured people I have ever known," he says. "He had a perfectly astounding knowledge of English poetry and literature, and his memory was amazing. He could quote at length not only Shakespeare or T. S. Eliot or Dylan Thomas but also some obscure sixteenth-century Scottish or Welsh bards. I can still see him, standing on the balcony of his house in Puerto Vallarta—a house I later bought from him—face toward the sea, reciting stanzas in Latin in that splendidly haunting voice of his."

But Huston also observed a dark side to Burton—"an ever-present Welsh melancholia. That brooding nostalgia and the frustration he felt over what seemed to him his failure as a great actor fed his drinking, which gradually became worse and worse. It was heartbreaking for Elizabeth."

The director spent several weeks with both Burton and Taylor during filming of the Tennessee Williams play *The Night of the Iguana*, in 1964. Elizabeth was still married to Eddie Fisher and had been married to Michael Wilding, who arrived on the set to handle the job of publicity for Burton. Also on the set was Peter Viertel, a scriptwriter who had just married Deborah Kerr and had earlier been involved with Ava Gardner, who were both in the cast. The press buzzed throughout the shooting, expecting as much drama between scenes as during them.

"It was a tangled web of relationships and no telling what would happen to whom and how soon," Huston recalls with a laugh. "So I went off and purchased each of the stars a gold-plated derringer containing bullets engraved with each other's names. But much to the disappointment of the press, none of them was ever used. The stars got along with one another famously."

Ava Gardner

None of the bullets Huston gave the cast members of *The Night of the Iguana* bore his name, but Huston also had an interest in one of the actresses. "I made a pass at Ava Gardner once, but she wouldn't have me," Huston confides. "A pity! Her looks are truly spectacular—they are unlike those of any other woman I know.

"I first met Ava many years ago, when I was working on the script of Hemingway's *The Killers*," Huston continues. "As I watched her on the set, I was intrigued. I sensed a basic, fundamental thing about her: an earthiness, almost bordering on the roughneck. She was then very young and had a strong Southern accent. I soon met her again, and that's when I tried to make a conquest. I was completely unsuccessful; no midnight swims, no weekends together . . . no Huston."

Marlon Brando

When Huston directed Brando in *Reflections in a Golden Eye* (1967), he was amazed by the power of the actor's performance. "Brando had an explosive tension about him; you felt something smoldering, dangerous, about to ignite at times. God, I will never forget him in *Julius Caesar*. It was like a furnace door opening.

"Marlon is a fine actor and a very intelligent man," Huston adds. "I don't know whether Brando has done some of the bad movies he has simply for the money, but I can't imagine him turning in a poor performance in anything. I do think the worst I ever saw him was in *Apocalypse Now*, which was dreadful. That picture has no ending. The model for it, *Heart of Darkness*, has no ending, either, and the moviemakers just didn't find one. It's very good for a picture to have an ending before you start shooting."

Barbra Streisand

"I was impressed with her choosing to make a movie out of *Yentl*; the film was extraordinary, but for some reason, Hollywood turned against her. Perhaps it was because she chose to have a romantic hookup with the guy who was her hairdresser. There was a lack of sympathy toward her, I felt. I always thought Streisand was *(continued)*



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herself. She never went through that awkward, coltish phase that most girls go through. She also had an amazing range of expression that used to flit over her childish face. I was away from home a lot—too much—during her childhood, so I missed a great deal of her growing up. But I recall looking at her one Christmas and suddenly realizing that she possessed the talent of a born actress."

When she was fifteen, Huston gave his daughter the lead in his film *A Walk With Love and Death* (released in 1969), even though she had no credits and had only taken a few acting courses. The movie flopped.

"It was a mistake to have pushed Anjelica into it," Huston admits now. "She was too young, and she had no training. But it was quite curious that during the making of the film, there was a flickering of the real meaning of the character in her—it was not technique, because she didn't have any. It was simply truth. Garbo had it, Monroe had it, and to my delight, I saw it in Anjelica, too."

Afterward, Anjelica launched a successful modeling career and landed occasional roles in theater and small parts in movies and television shows. In 1973 she met Jack Nicholson at a party, and they began to see each other. They are still together (though they have separate residences).

Huston calls the opportunity to have directed Anjelica and Nicholson together "the most agreeable movie assignment in my life. The shooting was full of love and affection. And a surprising number of scenes never needed a retake. Much of the credit goes to the amazing affinity between Jack and Anjelica. They were perfect playing opposite each other. You could see the devotion between them that existed in real life. Of course, now and then, Anjelica complained to me about Jack, and I answered: "'My goodness, you've been with him for twelve years. That's longer than any of my marriages lasted!'"

JOHN HUSTON
continued

capable of far more than playing the pussycat or the little Brooklyn Jewish girl. She could have played Cleopatra better than Liz Taylor. With her enormous power and the subtlety of her singing, she is one of the great actresses, and she hasn't been well used."

Jack Nicholson

"He is an extraordinary actor. His performances are dazzling, with the nimblest pyrotechnics. Jack is that rare combination of a great actor who is a comedian as well as everything else. He has such skill and thoroughness that each of his roles seems to be founded on intuition.

"I've never seen anyone enjoy himself more on a picture than Jack Nicholson did in *Prizzi's Honor*. He identified with his role to such an extent that he ate only Italian food and saw no one off the set except Italians."

Anjelica Huston

Huston's thirty-four-year-old daughter (from a marriage to the dancer Enrica Soma, the fourth of Huston's five wives) has received rave reviews for her portrayal of Maerose, the Mafia princess with the thick Brooklyn accent in *Prizzi's Honor*. If she wins the Oscar for this role, Anjelica will become the second family member John Huston has directed to an Academy Award (his father, Walter, won for Best Supporting Actor in *Treasure of the Sierra Madre* in 1948), leading one Hollywood reporter to quip that the best way to win an Oscar is to be related to John Huston.

"I have always known that Anjelica would be an actress—ever since she was a very young girl," Huston says. "I could see it in her movements, the way she carried



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- 1/3 cup honey
- 1/4 cup spicy brown mustard
- 1/4 cup vegetable oil
- 1 Tb soy sauce
- 2 cloves garlic, minced
- 1 tsp ground ginger
- 8 pearl onions or small onion wedges
- 1 medium pineapple, cut into 1-inch pieces
- 1 1/2 lbs **Hillshire Farm Beef Smoked Sausage** or **Original Smoked Sausage**, cut into 24 1-inch pieces
- 2 medium green peppers (1 red if available), cut into bite-sized pieces
- 8 mushroom caps

Prepare marinade by combining honey, mustard, oil, soy sauce, garlic, and ginger; blend thoroughly. Add sausage and vegetable pieces and stir. Marinate 1 hour or more, stirring occasionally. Assemble skewers by alternating sausage and vegetables as desired. Grill or broil 4 minutes on each side, basting with marinade if desired.

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TRAVEL JOURNAL

SOUTHERN GARDENS IN BLOOM

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vplaces are open to the public.
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den Week (April 19–27) for history,
ery and stately homes. More than
hundred private residences join
n the seven U.S. presidents' homes
other historic house museums to
it the public to their cherished por-
and boxwood gardens. You can vis-
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. The interiors of this James River
ntation are especially noteworthy;
were planned by William Byrd II,
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only during Garden Week. His-
c Garden Week (12 East Franklin
eet, Richmond, VA 23219; 804-
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tage) and helps plan trips. (The Jef-
on, restored by the Sheraton chain,
nce again *the* hotel in Richmond.
reservations, call 800-325-3535.)
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nage (April 26–May 4) offers
ally interesting sights. Visit the
pressive house built in 1763 by Dr.
nes Craik, physician to George
shington and the Continental army,
n authentic Bunker Hill farmhouse.
ring Pilgrimage week, tea will be
ved at Government House, at An-
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04; 301-821-6933) publishes a direc-
(send $2 for first-class delivery).
Other tours include the Festival
Houses (March 20–April 15), in
arleston, South Carolina. Walking
rs by day feature antebellum homes
gardens. At night the Nathaniel
ssell and Edmondston houses, both
examples of Greek Revival archi-
ture, will be the setting for candlelit
as. Wine and hors d'oeuvres will be
ved, accompanied by chamber music
formed by the Charleston Sym-
ony. Or you can visit historic Dray-
Hall on the Ashley River and sam-
a plantation oyster roast. There's
o a harbor cruise at sunset, which
ers a view of Charleston little
nged since 1810. The Festival of
uses (51 Meeting Street, Charleston,
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vel arrangements. —LOIS REAMY

Ladies' Home Journal Travel directory



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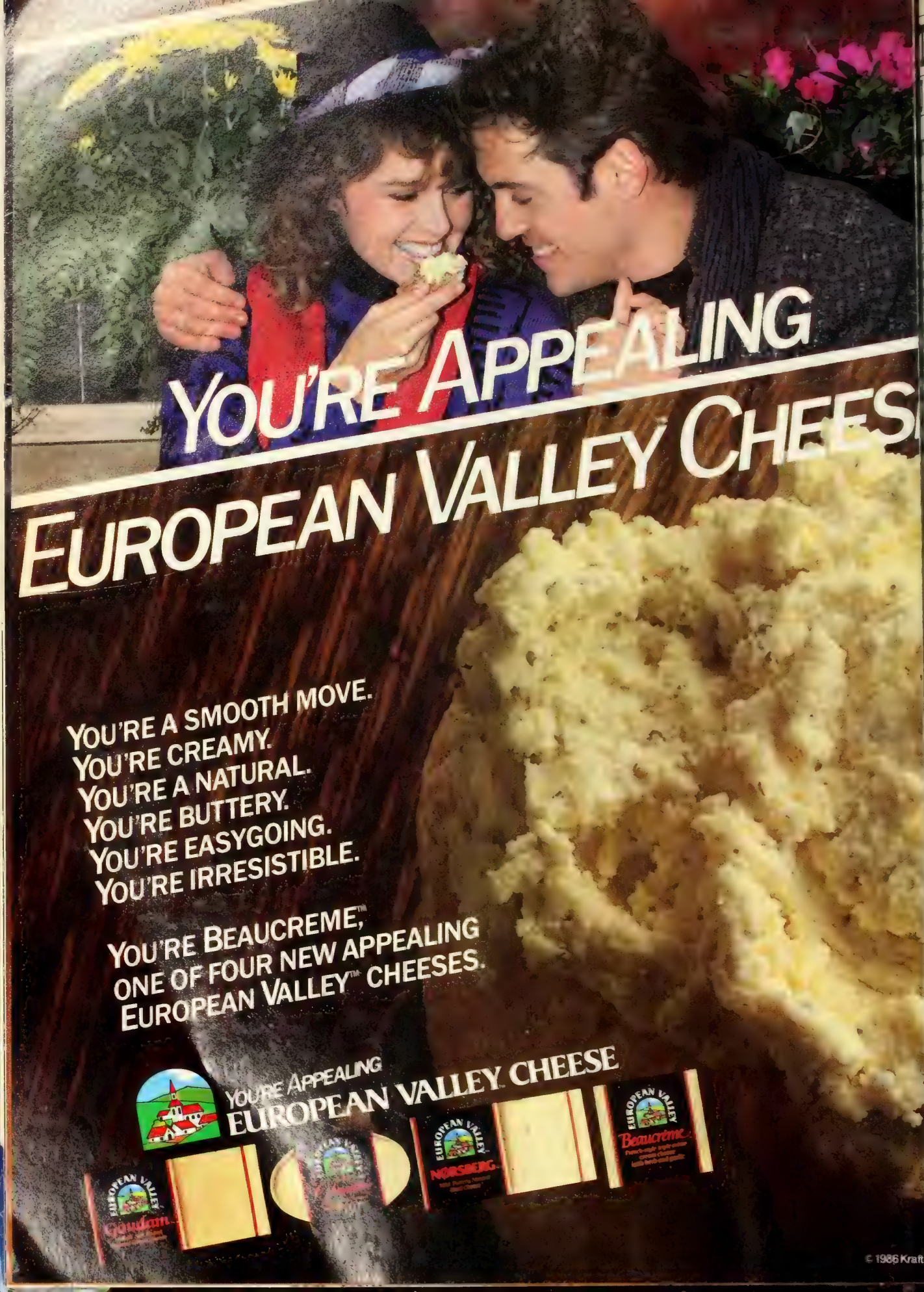
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TRAVEL JOURNAL

DIAN LAND VACATIONS

gine a unique family vacation expe-ce: fishing, camping or backpack- in remote, unspoiled reservation derness or relaxing at an Indian-ed resort hotel. Several Indian mmunities that offer intriguing vaca- opportunities are listed below.

he Mescalero Indian Reservation, ted in the pine-covered Sacramento untains of southern New Mexico, is e to more than twenty-five hundred scalero Apache Indians, who own operate the spectacular 250-room of the Mountain Gods. Fishing, rid-, canoeing, trap shooting, an eigh-n-hole golf course and six tennis rts await in this lofty lakeside para-e. (Doubles, May through October, 0 weekdays, $110 weekends; $30 during the rest of the year.)

itual dances are occasionally per-ned for the public—no pictures, no lause—with the most colorful tak- place during the annual Fourth of y ceremonials. Contact Inn of the untain Gods, Box 259, Mescalero, 88340; 505-257-5141.

he Navajo Reservation is the largest North America, situated primarily northern Arizona, seventy-six miles n Flagstaff. The tribal headquar-s are in Window Rock. Picnic and mping facilities are located near the wn, which also has a visitors' center, arts and crafts guild (offering pot-y, blankets, beadwork, baskets and elry) and a tribal museum.

The Window Rock Motel offers dou-s at $27.50. Indian rodeos and cere-nial powwows take place regularly. ite: Parks and Recreation Depart-nt, Navajo Tribe, Box 308, Window k, AZ 86515.

The Hopi Reservation is located al-st in the middle of the Navajo Reser-ion, on three mesas extending from arger plateau. The Hopi have re-ned more of their ancient culture d traditions than any other Indian up and are recognized as the finest ian craftsmen. They create items t are utilitarian as well as beauti-—weaving, pottery, intricate bead-rk and exquisite kachina dolls ved from cottonwood. The best ft and jewelry shops are found in the age of Shungopavi on the Second sa, where the Cultural Center Motel ers rooms at $45 per double. Write: pi Cultural Center, Box 67, Second sa, AZ 86043. —RON BUTLER







S·T·A·R G·U·I·D·E

FOR APRIL

ARIES (March 21–April 19) This will be an exciting period for you. You'll have time to organize your plans and a chance to try out new activities. But don't allow others to impose their demands on you. Delegate jobs and save your free time for yourself.

TAURUS (April 20–May 20) Start making plans for your future now. Talk over any problems with older members of your family or your religious adviser. Check all details carefully before jumping into any situation.

GEMINI (May 21–June 20) Your social life is very active now. You have many opportunities to meet interesting people and develop new friendships. Join a club or attend local functions and offer to lend a hand.

CANCER (June 21–July 22) Go after your goals with great enthusiasm this month, as others will be in a position to help you out. You will meet with much success in all you do, but you may have to force yourself to be more aggressive. Your job or financial situation may soon change for the better.

LEO (July 23–August 22) Any trips you make now will be enjoyable and relaxing. Travel light and try to leave your worries behind. Be sure to contact friends or business associates who live in the area to which you will be traveling.

VIRGO (August 23–September 22) Many benefits come your way this month. You may find an exciting new job that will allow you to utilize your talents fully. Ask for a good salary, and you'll probably get it.

LIBRA (September 23–October 22) You are able to settle any differences of opinion with family members or coworkers now, and personal relationships improve. Joint ventures will become very profitable if you devote enough time to them. Others will give you support and encouragement.

SCORPIO (October 23–November 21) This is a good time to get a checkup. Discuss your eating habits and exercise plans with your doctor. With a sensible diet and workout program, you can get yourself in shape in time for summer.

SAGITTARIUS (November 22–Decem ber 21) You feel much closer to you sweetheart now than ever before. Thi is the time to think about settling dow and spending more time with him. I you devote your attention to the need and desires of others, you will find tha all your relationships improve.

CAPRICORN (December 22–Januar 19) You want to spend some time wit your loved ones now. Plan a family get together, but don't make elaborat preparations. A simple, picnic-styl meal will be more fun for your guest and will give you a chance to socializ with your relatives.

AQUARIUS (January 20–February 18 Reading about other cities or countrie may tempt you to make exciting nev vacation plans. But check out all de tails before deciding where to go Studying the language or the custom of the area you choose to visit wil make your trip more rewarding.

PISCES (February 19–March 20) Pu your own needs first this month. Don' make unnecessary sacrifices. If you fee you deserve a raise, ask for it. Once yo stop worrying about others, you ca concentrate on putting your own affair in order. —FREDRICK DAVIE

GREEN THUMB JOURNAL

ril is the month that signifies the ginning of spring. Every day is a surse. Mother Earth is extremely busy this time of year, releasing not only nts but the birds and animals who med to disappear during the winter. ril is a time of hope and anticipan—and the renewal of life!

n most areas, April begins with cool, ist weather. Although you can ext warmer temperatures by month's l, you should never plant until the st is completely out of the soil, or ur seeds will not germinate. To enrage the soil to warm up, pull all lch back from the planting bed.

The right time to plant

many parts of the country, April is month to start planting. If you're in frost-prone area, concentrate your ort on crops that can withstand the d. Below, the hardiness categories u should consider when choosing and tting in garden plants.

Hardy (able to withstand subfreez- temperatures): broccoli, Brussels outs, cabbage, chives, collards, gar- horseradish, kale, kohlrabi, leeks, onions, peas, rhubarb, rutabagas, sage, scallions, spinach, thyme, turnips.

- Half-hardy (can withstand short-term exposure to subfreezing temperatures): beets, carrots, cauliflower, celeriac, celery, chard, dill, endive, escarole, fennel, Jerusalem artichokes, lettuce, mustard, parsnips, potatoes, radishes, rosemary.
- Tender (injured by light frosts): artichokes, basil, beans, corn, marjoram, soybeans, summer squash, tomatoes.
- Very tender (need temperatures above 70° F. for growth): lima beans, coriander, cucumbers, cumin, eggplant, gourds, melons, okra, peppers, pumpkin, sweet potatoes, winter squash.

Gardeners can use hardiness zone maps as a reference when ordering seeds. The two most common maps, those published by the USDA and the Arnold Arboretum, can sometimes be found in seed catalogs, and they may be available at your local library. The Arnold Arboretum map is also available from *Arnoldia* magazine. To obtain a copy, send your request plus $3.85 to the Arnold Arboretum, Publications Dept., J, The Arborway, Jamaica Plain, MA 02130. Since many trees, shrubs and perennials offered in garden catalogs can be grown in many parts of the country, hardiness ranges are often given in catalogs. To use these maps, identify the zone in which you live, then check to see if the temperature ranges for your area correspond with the hardiness ratings of the plants you wish to order.

Q. *Can fertilizer and lime be put on the garden at the same time (before planting), or do they neutralize each another?*

A. Yes, you can apply fertilizer and lime at the same time. Lime, which is often applied in the spring to make soil more alkaline, will not affect or be affected by fertilizer (plant nutrients). Although not all soil needs lime, you should always put fertilizer on your garden in the spring as well as in the fall, since fertilizer added only in the fall is apt to leach out of the soil by spring planting time.

Q. *Would planting a border of flowers around my vegetable garden help to keep woodchucks away?*

A. It's a nice idea, but unfortunately it won't work. The ideal way to keep woodchucks and rabbits out of the garden is to build a fence around it. Use three-foot-high chicken wire with one-inch mesh. Bury the fence one foot in the ground and support the top two feet with stakes. —C.Z. GUEST

Send gardening tips or questions to C.Z. Guest, LHJ, 3 Park Avenue, New York, NY 10016.





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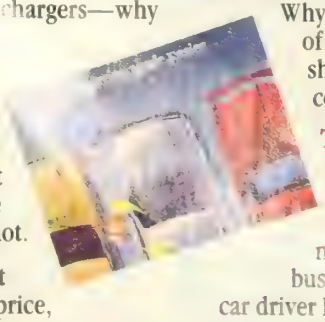
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OURNAL
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CLOTHING CARE

e are some tips for removing com- stains from your garments.

d and drink For alcohol stains, im- iately place a towel under the spot, y club soda and rub gently toward spot's center. Repeat until most or all ie stain disappears.

o remove chocolate, cocoa and carob ns, use a dull knife to scrape off as h of the food as possible. Then wash garment in warm, soapy water.

you drop egg on your clothes, ge them with cold water. Never use water; it will set the stain.

t and ink Dried-on paint can often emoved with lacquer thinner. Rub it et it penetrate, rewet the fabric and again. Then launder separately or old work clothes.

o remove ballpoint-pen ink, saturate stain with hair spray, then blot the with a damp cloth. Do not rub. Re- the process until the ink is lifted then launder.

and grease To get freshly spilled oil rease out of clothing, cover the spot cornstarch and put a paper towel er the stained area. Let the corn- ch absorb the grease, then brush off garment and launder. Depending on fabric and the size of the stain, you have to repeat applications of corn- ch before washing.

ub shampoo into soiled shirt collars cuffs before washing. (Shampoo is le to dissolve body oils.)

er stains Wash or sponge deodorant ntiperspirant stains with warm wa- and liquid laundry detergent. To re- e color to the garment, sponge with monia (dilute it for use on silk or l), then sponge or rinse with water.

o remove rust, soak garments in on juice, then bleach them in the . Don't use this method if the manu- urer warns against bleaching.

ab grass stains with diluted rubbing hol, then liquid laundry detergent. sh as usual.

et bloodstains out quickly by cover- them with cornstarch paste, then sing from the back of the stain with ewarm soapy water.

o remove scorches, rinse the gar- nt in cold water immediately, or wet h soapsuds and place in sunlight. For washable items, sponge with hydro- peroxide. **End**

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maximum impact. Otherwise, plain bond is appropriate.

Now you are ready to draft the letter itself. Stick to conventional business style, with headings and date. Your salutation should incorporate the official's complete title, for example, "Dear Senator Smith." Limit the letter's content to a single topic. Present your viewpoint in a clear, concise and courteous manner, highlighting those qualifications that permit you to speak with authority.

Give support as well as criticism. If you approve of someone's stance, say so. When writing about pending legislation, describe its content accurately. Refer to the bill by its number and sponsors. Then discuss why you feel the way you do about the proposed measure.

Conclude with a neutral "Sincerely" or "Yours truly," then sign your full legal name in ink. Print or type it as well, for legibility. Be sure to include your return address somewhere on the page. On the envelope, use the standard honorific for office holders, "Honorable," unless you are writing to the nation's two top elected officials. They are addressed as "The President" and "The Vice President." (Open letters to them with "Dear Mr. President" or "Dear Mr. Vice President.")

In writing legislators, timing is everything. Express your opinion before an issue comes to a vote. It's much less effective to complain after a bill has been enacted. Investigate express mail options when necessary. Western Union also offers high-speed alternatives. Whatever method you choose, keep a copy for your records.

Since most officials will reply to you, even if only with a form letter, it is a good idea to follow up with a thank-you note. Almost all officials are deluged by mail, so persistence and politeness will help distinguish your correspondence from the flood. —LESLIE JA

HOW TO WRITE TO PUBLIC OFFICIALS

Although the nation's elected officials have an obligation to serve the public's needs, a ballot cast for a candidate is not an endorsement of everything he advocates. How can you set your senator straight? The most effective way of expressing opinions is to put them on paper. A well-written letter still commands attention.

But before sitting down to compose your letter, make sure you are writing to the correct person—the official who represents your district. The only exception is when a proposed bill is sent to a committee for consideration. In this case, it is entirely appropriate to contact individual committee members, whatever their constituency.

To determine who represents you, call your Board of Elections. For additional help, visit the public library and consult the current congressional and state directories for legislators' biographies and mailing addresses. Send state-related material to your state capital and national material to Washington, D.C.

Another valuable resource is the League of Women Voters (LWV), a voluntary organization that maintains registration and bill-status hot lines in many states. Most LWV offices produce brochures listing names and addresses of office holders in their area. A guidebook, *Tell It to Washington*, is available for one dollar from the LWV at 1730 M Street NW, Washington, DC 20036.

To create the desired impression, correspondence should look as crisp and professional as possible. Typescript is preferable to longhand; personal letters are preferable to form letters or postcards. Do you have a professional or club affiliation? Consider using letterhead stationery for





Abdominal bloopers

Straight-leg sit-ups This exercise puts pressure on the hip flexors (the muscles that bend the hip joints), which in turn put pressure on the lower spine. Moreover, when your feet are held down and you raise your shoulders higher than a forty-five-degree angle to the floor, you use the hip flexors more than the abdominals, defeating the purpose of the exercise. Overuse of the hip flexors can increase a curvature of the lower spine. Finally, full sit-ups are also stressful if you have any type of lower-back problem, because your abdominals don't tense up enough to support your back. Instead, do bent-knee, abdominal-curl sit-ups: Bend knees and curl up to no more than a forty-five-degree angle to the floor, then slowly lower shoulders. Use tension from your abdominal muscles to keep your feet down.

Double or high leg lifts Raising the legs twelve inches or more above the floor causes the hip flexors to do more work than the abdominals, which contributes to a curvature of the spine and puts stress on the back. If you have reasonably strong abdominals, you can do leg lifts, raising the legs just a few inches off the floor. But if you have back problems or weak abdominals, don't do leg lifts at all.

Lower-body stressors

Full squats, squat thrusts and deep knee bends These exercises provide no fitness benefits. Instead, they stretch and weaken tendons and supporting ligaments, leading to knee pain and increasing the risk of injury.

Straight-leg toe touches Touching the toes with knees locked stretches the supporting ligaments on each side of the knee. It can also strain weak lower-back muscles, connective tissues and nerves. Keep knees slightly bent while doing any exercise. —WENDY KORN

ITNESS FORUM

EXERCISES THAT MAY BE HAZARDOUS

ow you're well aware that it's important to exercise ectly to prevent injury, but did you know that there are e exercises you shouldn't do at all? "While there are no exercises, there are those that put a great deal of s on muscles, joints and ligaments. If you don't have flexibility and muscle strength, these exercises could e injury," warns Dr. Ash Hayes, executive director of President's Council on Physical Fitness and Sports. nce there aren't any set guidelines, there is no guare that an exercise included in a book or practiced by xercise instructor is safe for you. So you should be re of potentially harmful exercises.

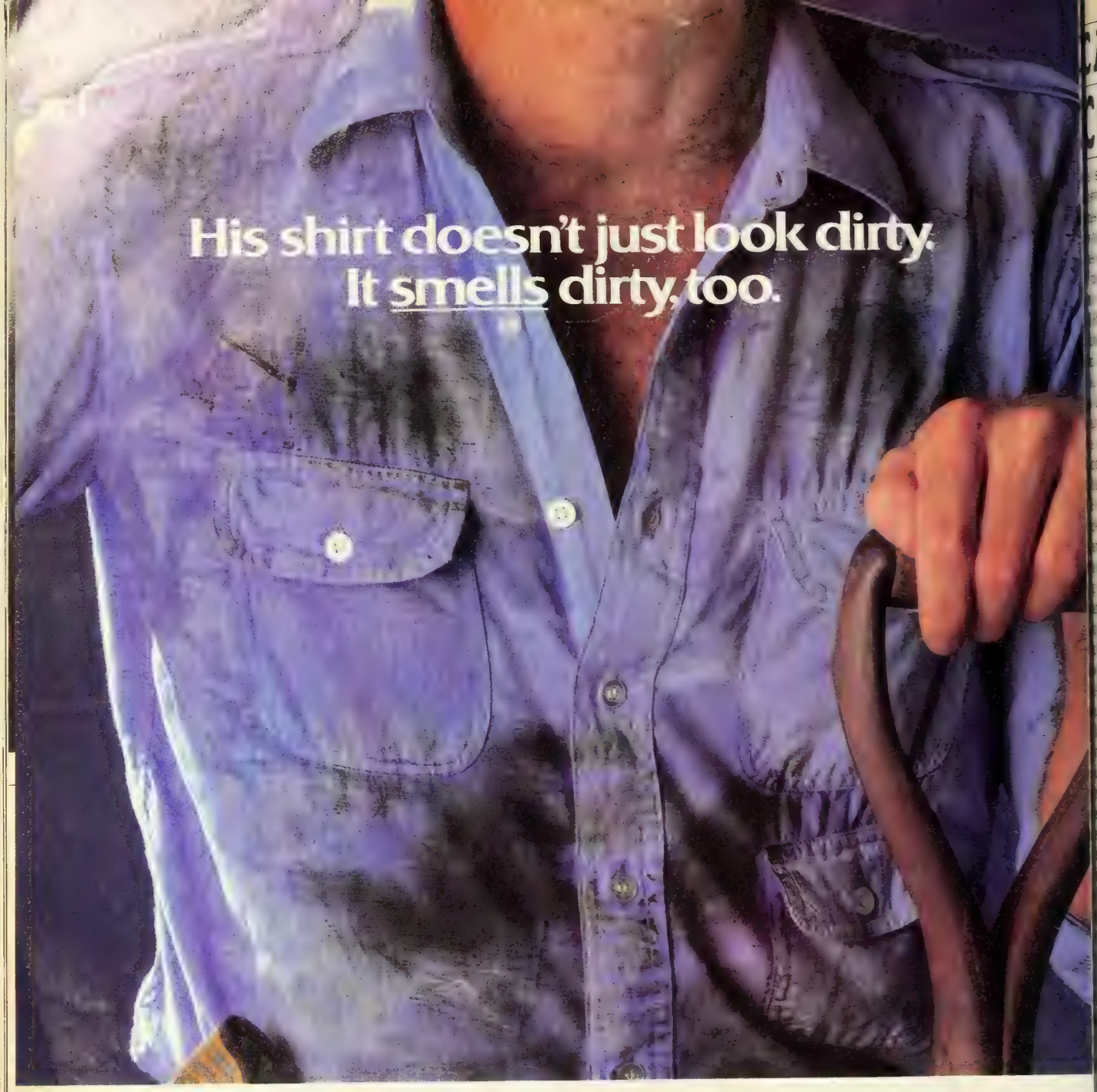
Spine strainers

ulder-stand leg bicycling If you lack the strength, bility and balance needed to support your body weight your shoulders and upper back, this exercise could p your neck muscles and connective tissues for injury. lder stands strain muscles behind the neck and aggrapoor posture by promoting a rounding of the shoulders. ead, cycle with shoulders and back flat on the floor.

e chest lift Arching the spine as you lift the chest off floor exaggerates curvature of the spine and tightens r-back muscles. This can cause pain and strain.

bends or circles If you have a spine problem, bendbackward or circling the upper torso backward while standing position can cause pain and injury.





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Here it is. New Surf. A breakthrough detergent that breaks through two kinds of dirt to give you two kinds of clean.

Surf removes the tough dirt and stains you can see *and* the stubborn dirt you can smell: from perspiration and body odors to mildew, cooking odors, baby clothes odors, even stale smoke.

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New Surf removes dirt and odors for two kinds of clean

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CASSETTE CORNER

s is a continuing *LHJ* column that ews videocassettes, ranging from ıes and movies to educational and r-to tapes. This month's column fo- es on cooking tapes.

raig Claiborne's New York Times eo Cookbook, Warner Home Video, .98. This tape features twenty of iborne's favorite recipes. They range n the elegant chiffonade of lobster z Denis, to the finger-licking Buf- chicken wings. Claiborne packs a at deal of useful information into video. A cookbook with a built-in ıd is also included.

Madeleine Kamman Cooks, vol. 1, .95; vol. 2, $49.95. Baffico/Breger eo, Inc. Using fifteen recipes, noted nch chef Madeleine Kamman cre- s one of the most entertaining cook- courses on tape. She talks con- ntly, offering hints, explaining tech- ues and describing the origins of the ropean dishes she prepares. A recipe klet is included.

Guide to Good Cooking, with ques Pépin, Videocraft Classics, .95. This is an ideal tape for anyone erested in learning the basic tech- ues of good cooking. Pépin explains v to pick the right utensils and then nonstrates how they can be used in eral simple but elegant dishes. ough he doesn't prepare any meat hes or elaborate desserts, his lessons how to chop and slice vegetables, k eggs, debone chicken, and more ke this tape worth viewing.

The Way to Cook, with Julia Child, opf Video Books, $29.95 per tape. ch of these six one-hour cassettes fo- es on a different type of food. Child ks basic dishes with several varia- ns and teaches simple but useful king techniques. Each recipe is mbered on tape and in the accom- ıying pamphlet listing ingredients.

Microwave Cooking, RMI Media Pro- tions, $39.95. Barbara Harris, au- r of *Let's Cook Microwave!*, hosts a at introduction to microwave cook- . She explains how the oven works, l she demonstrates how to cook basic hes. She also gives instructions for ng the microwave for defrosting.

Guide to Tex-Mex Cooking, Vid- raft Classics, $49.95. This tape is a d introduction to Tex-Mex cooking. provides complete instructions for paring basic recipes that can be d in hundreds of other dishes. They lude guacamole, tortillas, nachos d chili. —ANNE VACCARO BRADY

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perfecting the relish was easy.



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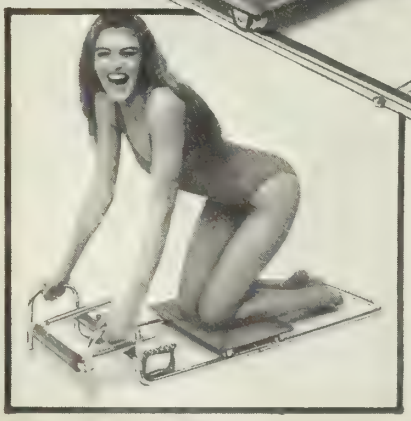
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Knut Wulff

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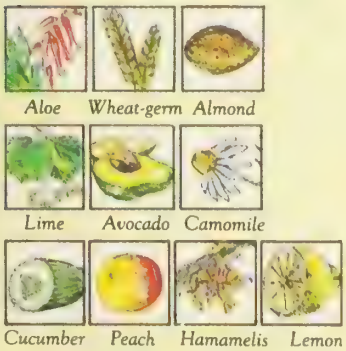
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WHEN YOUR KIDS NEED YOU

continued from page 92

that some phrases their children use mean they are having problems.

Read between the lines

The mother of a seven-year-old girl said she's learned her daughter adopts certain mannerisms when trying to cover up her feelings. "When Lisa says, 'I don't feel well' or 'I'm not hungry' and curls around me like a kitten but doesn't look me in the eye, I know she may really be saying 'Something is wrong, and I need your help.' Now I try to discover whether she's upset rather than taking her statements at face value."

According to Mohacsy, children's questions should not be taken at face value either. "It is helpful to bear in mind," she says, "that any change in a child's life arouses anxiety. At such times children often express their worries indirectly, through questions. For instance, before a move to a new home a child will often ask about his room: 'Where will my bed be? Will my clothes fit into the new closet?' The child is not really asking about the room but rather 'Will everything be the same? Will Daddy still come home? Will you change, too, Mommy?' So parents should always pay attention to questions."

You must also be willing to *believe* your child, say the experts. Some kids know what is bothering them and are not shy about expressing it. Yet "very often parents just don't believe what their kids are telling them," says Mary Freeman, C.S.W., a mother of four and a psychoanalyst in private practice in New York City. "They think their kids are faking or exaggerating.

"I remember when my oldest daughter, Lisa, started kindergarten she kept telling me, 'My teacher is mean.' Since kids so often complain about a new teacher, especially when the teacher is demanding, I took time to explain that her teacher was not mean, just strict. Then I happened to be at Lisa's school one day and heard the teacher reminding the kids that they must lie down with their heads facing to the right throughout the entire rest period.

"I went straight to the principal, who promised to keep a close watch on the teacher. It turned out that she made many unreasonable demands on the children. More important, I talked about the problem with my daughter, and our conversations helped her deal with this teacher. It was an important lesson for me. My child was telling me the truth, but I had just assumed that she was exaggerating." Even if from the adult point of view a child is exaggerating or faking, parents should lis ten; for the child, the concern may b truly overwhelming.

Sometimes, the only way a parer can evaluate what a child says is t know something about the context the remark. "It is important," say Freeman, "for parents to make ever effort to get to know a child's class mates, teachers, school routine an after-school activities. If at all possibl they should get the knowledge firs hand, by sitting in on a few classe attending extracurricular activities a least once and especially by becomin acquainted with the child's friend Then when a child comes home an says, 'Bobby hit me,' the mother know whether Bobby is bigger or smalle than her child, if he is a playful ki or an angry kid. She has a clue to th meaning of the words."

Ask the right questions

Unfortunately, although you may b prepared to listen closely, childre often do not talk at all when they ar very upset. Instead, they use emotiona or physical means to express their fee ings, the kind of behavior psychologis call acting out. A child may be actin out when, for instance, for no apparen reason he gets angry, has tantrums, b comes sullen or extremely quiet,



ins to destroy or throw things.
hese irrational or uncharacteristic
ons are the signs parents usually
ce right away. However, they can be
most difficult to figure out. Does the
garious, smart six-year-old girl who
dles while getting dressed in the
ning and wants to stay home have a
blem at school with her peers or
her? Is she trying to manipulate
mother to stay home from work? Is
sick? Is it just a stage?

There is no one
y way to tell if a
avioral sign is a
ır indication of an
erlying emotional
blem," says Hag-
ty. "There's no de-
tive measure like
ermometer reading
one hundred and
degrees that tells
that something
gone wrong."
ut certain factors
guide you. Profes-
ıals use two ana-
cal questions to
ermine the seri-
ness of a behavior
blem: Is the behavior
vasive, and is the
avior persistent?

Haggerty feels these questions are helpful to parents. "If a problem doesn't affect all the child's relationships—at home, in school, with friends—and occurs infrequently, parents don't have to worry much," he says. The problem is neither persistent nor pervasive. "Also," he says, "it is helpful to remember that kids have more problems interacting with parents than with anyone else."

Undoubtedly these two questions are useful in assessing a child's worrisome behavior, but by the time such behavior has become persistent and pervasive, a real emotional problem may have developed, and it could have been prevented. Consider Sarah, the six-year-old girl mentioned above. Her mother, who has a year-old son and works full-time as a real-estate executive, noticed one night that Sarah was unusually edgy and frustrated. "She tore up a drawing she had just completed and said she hated it. The next morning she was very slow getting dressed for school. Finally, she said she wanted to stay home—a strange request, because she loves school. I asked, 'Are you sure?' 'Okay, I'll go,' she said, and dawdled some more. On the way to school she complained of a stomachache. She had had a two-week period of stomachaches about a year before for which the pediatrician could find no physical cause. The pediatrician, my husband and I had decided then that most likely she was *(continued)*

KIDSPEAK

Although there is no simple translation of what a child says, here are some typical statements that could easily be misunderstood.

When your child says . . .	What she may mean is . . .
I hate Grandma! I wish she'd move far away.	You never pay attention to me when we go to Grandma's house; you're always showing off the new baby.
I have a tummyache. I don't want to go to school today.	I'm upset because you and Daddy had a fight last night.
I won't wear my new dress to Dorothy's birthday party.	Dorothy's a lot more popular than I am. I'm afraid she and her friends will make fun of me.
I hate school. I don't like to read.	One of the kids in my class is bullying me, and I need you to tell the teacher.

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reacting to the four different baby-sitters she'd had that year. So when the stomachache complaint came up again, I was concerned. Walking her to school, I tried to think about what would be bothering me if I were a six-year-old girl in a very busy household with an adorable baby brother to contend with, and I decided I'd be overcome with jealousy. When we reached the school entrance, I asked her, 'Sarah, do you really feel bad, or is something else wrong?' She blurted out in anger that no one paid any attention to her anymore. Her grandmother, the baby-sitter, Daddy and I only wanted to be with Robert. She went off to her classroom, and ever since then I spend more time alone with Sarah every weekend and also first thing when I get home in the evening. She seems to be more accepting of Robert. At least the dawdling and stomachaches are gone."

Think like a kid

Sarah's uncharacteristic behavior was neither persistent nor pervasive, but her mother sensed something was wrong and acted on her intuition.

This process is known as empathy, the capacity we all have in some degree to imagine how another human being feels. For parents, it's looking at the world from the child's point of view as well as their own.

Empathy is at work when an inner voice prompts a parent to wonder: "What would compel me to act the way my child is acting?" "Why is my child saying this or asking that?" "Why do I feel anxious after talking to my child?" "Why is he so insistent, or quiet, or noisy, or inscrutable?" "Why is my child angry with me?" "Why do I feel depressed when I observe my child or think about him?" Trying to answer these questions can lead to an understanding and appreciation of a child's unspoken feelings. The answers will not always suggest a serious problem or even minor stress. There may very well be no problem at all. However, the insight that you can gain into your child's behavior is valuable.

In addition, empathy tells a child he is understood. That is a tremendous source of comfort and support for all children, but especially for those in the five-to-eleven age group.

Most parents really do love their children, and that, everyone agrees, is what counts. Empathy is a powerful means of translating parental love into action. By putting yourself in your child's shoes, you are letting him know that he is an important person worthy of trust and understanding. **End**



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THE PLASTIC PRISON

continued from page 72

was great to know we could go out and get anything we needed anytime."

Marcia and her husband, Ted, are hardly unusual. Today about seven out of ten Americans use credit cards, totaling some 700 million accounts, according to the Federal Trade Commission.

There's no doubt that these ubiquitous pieces of plastic are a tremendous convenience. They enable people to travel without a great deal of cash, they minimize the trauma of robberies (reporting the crime immediately means you won't be held responsible for the thief's bills), they make record-keeping easier, and they allow people to live more comfortably. "Credit is good for America," says Luther R. Gatling, president of Budget & Credit Counseling Services of New York. "It makes the quality of life better for everyone."

Yet Gatling readily admits that credit is a double-edged sword. Every year his agency sees hundreds of people who have gotten into serious trouble because of credit cards and loans. Financial counselors generally say that one out of six people who buy on credit is burdened by excessive debt. And all the advantages of credit are easily outweighed by the headaches and heartaches that accompany a mounting stack of unpaid and unpayable bills.

A growing debt

Since the economy is fairly strong right now, the rate of delinquencies and bankruptcies hasn't soared in the last year. But we are clearly traveling along a perilous road. In July 1985, Americans' consumer debt was over $500 billion—double our national deficit or our military budget—up an amazing 43 percent from July 1983. Today the average consumer uses 18.9 percent of his or her disposable income for debt (up from 14.7 percent in 1983). And that's the average—credit counselors agree that a 20 percent level spells the beginning of serious trouble.

Part of the problem is that credit issuers have become aggressive in pushing their products. Banks now cross state boundaries to solicit business, each one tempting the consumer with higher credit limits or lower interest rates. "A fellow came to me not too long ago," says Albert Horner, president and general manager of Credit Counseling Centers, Inc., in Michigan. "He had seventy-eight credit cards and owed fifty-eight thousand dollars."

During his twenty-five years in the credit-counseling business, Horner has seen big changes. "Fifteen years ago, people got into trouble because the didn't understand their rights or bas money management," he says. "Our in tial interview with a client took thre quarters of an hour, and the averag amount of indebtedness was thirty-fi hundred dollars to six creditors. Toda our clients are more affluent, more edu cated, more sophisticated—and the prol lems are more complicated. Our first in terview now takes two hours and fort five minutes, and the average client owe twelve thousand dollars to fifteen cred itors, not including a mortgage."

It's easier today to slip into cred trouble without realizing it. If you sim ply send in your minimum monthl payments, no creditor will complain. you get into a cash crunch, you ca often borrow more. Credit experts sa these dangerous habits are particu larly prevalent among people of th baby-boom generation like Marcia an Ted. "They want things now, and the don't want to wait," says Horner. "The have the attitude that their income going to grow, so why worry about it?

And in fact, Marcia and Ted weren worried. They weren't affected in an tangible way by the drops in their in come—first when she gave up her jo with Illinois Bell, and again when h left IBM and took a slight cut in salar with a new company. His income $28,000 a year still left them feelin middle class. Even with a new bab they were confident that there was n need to reduce their standard of livin

Of course, they could no longer repa their bills every year with their in come-tax refund. And the bills, whi small, were plentiful. "We figured we simplify things by taking out a fiv thousand-dollar loan," says Marci They'd pay all their smaller bills an have just one major loan.

That worked well—for a few month But Marcia and Ted began using the credit cards again. At the year's en they had a $5,000 loan outstanding an about $4,000 in credit-card debt. Th solution? Another $5,000 loan.

Meanwhile, Marcia became pre nant again and had a little girl. The were more pleasant strolls in the mal more toys and clothes. Soon Marcia an Ted began to concentrate only on mee ing the monthly payments withou thinking about their total debt.

"I had convinced myself that by sho ping I was saving money," remembe Marcia. "With my credit cards I cou buy things on sale even if I didn't hav the cash. And I figured that thing were going to go up in price anyway, s it made good sense to buy sooner."

The new economic environmen

Marcia's rationalization might hav made some sense in the (continue



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THE PLASTIC PRISON
continued

seventies, when inflation ran in double digits. If you expect an item to rise in price by 18 percent, an 18 percent interest payment doesn't hurt so much. Now, however, inflation is running at about 3.5 percent—one of the lowest rates in the world.

"In inflationary times," says Dr. Robert L. Heilbroner, professor of economics at the New School for Social Research, in New York City, "everybody knows it's okay to be in debt because as time passes, it gets cheaper to pay off the debts. But when the economy inflates less rapidly, then you'll no longer be paying with cheaper dollars."

Consumers who are still operating as if there were high inflation fail to adjust to changes in the economy. Others fall prey to certain credit pitfalls, such as cavalierly dismissing the interest they're paying because it's tax deductible. But they often neglect to figure out how much those deductions actually are—or aren't—saving them. A $500 balance on a credit card that charges 18.6 percent interest (the national average) will cost you $90 a year. It's true that the tax deduction reduces that cost to $43 for someone in the 50 percent tax bracket. But for someone in the 22 percent tax bracket (a married couple making less than $24,600 in 1985), the interest cost will be reduced only to $70.20. What's more, you get the deduction only if you itemize.

"People will also use credit because something is on sale," says G. Benne Perry, associate director of Cred Counselors Corporation in Florid "What they don't realize is that they spend twice as much because of the i terest by the time they pay it off."

The moment of reckoning came f Marcia and Ted when Ted was laid from work. By that time, the coup were almost $12,000 in debt. They fou themselves living on Ted's $800 mont ly unemployment check and $400 month that Marcia made from a new paper delivery route. All of a sudde even the minimum payments becan impossible to meet.

Finally, cancellation and collecti notices began, and every time t phone rang, Marcia and Ted feared a other angry call from a creditor. De



ate and depressed, Marcia scooped a pile of bills and went to a credit-nseling agency.

Better budgeting needed

y—and how—do people get so far in t? For those who are stricken with ere illness or lose their jobs, debt is en unavoidable. For others, however, reason is a simple lack of money-nagement savvy. "People are afraid budget," says Gatling. "The word ans 'take away from' to them, when y should think of it as a road map to etter future."

Unrealistic ideas cause people to restimate the buying power of their ary. They look at their gross in-ne—before taxes are taken out, be-e the mortgage money disappears—tead of their disposable income. ey come to rely on bonuses, overtime and raises.

There's also a tendency to shift respon-lity to the institution that issued the dit. "I hear people say, 'The bank uldn't give me credit if they didn't nk I could afford it,'" says Ginny Lan-hr, associate professor of family sci-es at Brigham Young University, in vo, Utah. "Some people think that if bank makes credit available, it ans they can afford to borrow."

Ultimately, however, the biggest rea-for most credit troubles is over-nding. And the roots of this syn-me are psychologically complex. hen some people feel bad, they go and buy something to feel good," s William Pickens, of Consumer dit Counseling Service, in Char-e, North Carolina. "It then becomes onstant need. It's a sickness."

Then there are people who use credit ive the appearance of higher status. at's what Tony, a handsome twenty--year-old who works for a stock-ker in Texas, tried to do. He racked almost $10,000 in credit-card debt, ng up to the image of a financial iz. "I sell for a living," says Tony, "so gured I should look like I knew what as doing. And that meant looking e I was making lots of money."

Other people are drawn to fulfilling ams for their children. "There wasn't thing that was too good or too ex-sive for my kids," says Marion, a ng Michigan mother who nearly her house because of overspending. Much of the increase in credit-card nding is concentrated among those nty-five to forty years old. The y-boom generation is going through acquisitive period of life—at the e time that they've lost most of the lms that their grandparents had ut using credit. "Debt is so common that it's not scary," says Carol on, a family economics counselor at Family Service of St. Paul, Minnesota.

"Unfortunately, young people think they can start their household at the same level their parents are at, even if it took their parents thirty years to reach that level. A VCR. A car. A microwave. They're not patient about saving up for something. They buy on credit."

Learning from mistakes

But in spite of the problems, it's not likely that the credit system itself is going to change. Too many people make too much money on other people's debt. The key is to learn how to use credit constructively, and from an early age. Says Olson, "We should teach more money management in high school. Kids should come out of school understanding their own finances and the meaning of interest payments."

More also needs to be done at home. "I wish families would budget together—with the children," says Gatling. Children grow up to be much smarter consumers when they are aware of their family's financial limitations, he points out.

For adults, the key is to forget bad credit habits and learn how to benefit from the convenience of credit without being caught in the plastic prison. Here is some advice from experts on taking control of credit-card spending.

- Diminish temptation by reducing the number of credit cards you *(continued)*



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THE PLASTIC PRISON

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hold. Contrary to what some people think, getting more credit cards won't improve your credit standing.

- Make sure everyone in the family talks about spending. Families can run into trouble when husband, wife and children make purchases on credit without the others knowing.
- Organize your bill paying and analyze what you owe in total, rather than focusing on monthly payments.
- If you are unable to make payments on a credit-card bill, don't hide from your creditors. Instead, communicate with them, explaining your problems. They may allow you to negotiate a payment schedule that is more affordable.
- If you are in real trouble, don't hesitate to ask for help (see box at right). In the vast majority of cases, credit problems can be solved without resorting to bankruptcy.

A new leaf

Like a reformed alcoholic or gambler, Marcia today shuns the addiction that got her into trouble. She and Ted sat down with a counselor at Family Service Association of Greater Elgin Area, near Chicago, and figured out a workable budget. In addition, the agency contacted creditors and negotiated reduced monthly payments and a longer payback period. Now, Marcia and Ted pay $210 a month to Family Service, which distributes the money for them. The service costs them $10 a month. By 1988, their debts should be paid off. In exchange, they have agreed not to u their credit cards anymore.

"I used to think I'd owe Visa for t rest of my life," says Marcia. "But n I'm getting free. It's an adjustment to l on cash, but it's not as hard as I thoug I don't miss credit cards at all." E

WHAT TO DO
IF YOU'RE IN DEBT

If you feel you need assistance sorting out your debt dilemma, a nonprofit counseling service may be the answer. These agencies deal with creditors, negotiate new payment schedules and work with consumers to develop better financial habits. Here are some of your options:

- The National Foundation for Consumer Credit has 245 locations around the country. For a list of counseling centers near you, call 301-589-5600, or write: NFCC, 8701 Georgia Avenue, Silver Spring, MD 20910. (Enclose a self-addressed, stamped envelope.) Fees average $30 for onetime counseling and $20 a month for managing a debt-repayment program. But no one is refused help because of inability to pay.
- Family Service America has financial counseling arms in many of its local offices. Write to the association at 44 East 23rd Street, New York, NY 10010, for the branch nearest you. (Enclose a business-size, self-addressed, stamped envelope.) Fees vary around the country and may be based on income.
- Credit Counselors Corporation is based in Ft. Lauderdale, Florida, but works with clients from Maine to Alaska in sorting out credit problems. For a $20 fee, the counselors review applications to determine whether or not a repayment schedule can be worked out. (The fee is refunded if they can't help.) The address is 2331 North State Road 7, Ft. Lauderdale, FL 33313; 305-731-2200.

HE PRICE OF HEARTBREAK

continued from page 111

ing to draw the fetus down, while san, in agony, twisted on the table. Finally, the baby's head appeared, t Phelan spotted danger: The umbili- cord was wrapped three times ound the baby's neck. Knowing that 'd have to work fast or risk the baby's angling itself, Phelan quickly cut d clamped the cord. He again tried to ll the baby down, but this time there s a new obstacle: The shoulders were ck in the birth canal.

Shoulder dystocia, Phelan thought. happened in a small percentage of -baby deliveries, but he'd never con- nted it at the same time as the rare ple-looped cord complication. He lized he might have to break the by's shoulder to deliver it.

Susan was becoming distraught, and hough Phelan tried to calm her, he ew he was running out of time. thin minutes, the baby would be de- ved of oxygen. Inserting his fingers, elan tried to rotate the baby's shoul- under the pubic bone. Again, no k. Phelan then pushed his hand in- e and grasped the baby's posterior n. This time, after a hard, steady ll—and without a broken bone—the by slid out: a chubby nine-pound- elve-ounce whimpering boy.

Joel Blatzer was born, but his strug- had only just begun. From the cord's essure on his neck, his face was blue d puffy, his eyes bloodshot and filled th mucus. Susan took one look at her ld and caught her breath. "I've hurt baby!" she cried. Although Phelan ed to reassure her that Joel was fine d that his dusky coloring wasn't used by her writhing, Susan remem- rs, "I went crazy over the idea that ything was wrong with my baby."

To prove that all was well, Phelan ected a tube of oxygen at Joel's face d watched as the baby quickly began eathing normally and on his own. e oxygen loss wasn't serious, Phelan ought with relief, and no resuscita- n mask appeared necessary. After cing Joel in a bassinet, Phelan and e attending nurse discussed the by's Apgar scores—measures of a wborn's fitness on a ten-point scale— signing Joel a rating of six (fair) after e minute and nine (excellent) after e minutes. The worst seemed over.

While Joel was taken to the hospital's ecial-care nursery, Phelan changed o his street clothes. He glanced at e hospital wall clock and frowned. ne-thirty. He'd missed most of his her's birthday dinner, and he was otionally and physically drained. He aded home for bed instead.

Fourteen hours later, Joel Blatzer suffered his first seizure. Due to swelling in his brain, he lost all motor control: His eyes rolled back, his legs scissored, his muscles jerked spasmodically. A hospital specialist confirmed that Joel had suffered brain damage, but just how extensive it was, nobody could be sure. Susan and Darryl were devastated. "We didn't know what to expect," she says softly, "whether he would be a vegetable or what. And the hospital didn't tell us. We had to find out for ourselves."

Who's to blame?

Over the next few months, various neurologists and pediatric specialists ran tests on Joel. According to the diagnosis, Joel had cerebral palsy and permanent brain damage. He could be expected to live almost seventy years, but he would never be self-sufficient.

Could the brain damage have been prevented? the Blatzers asked the doctors. On the baby's chart, the cause was listed as a lack of oxygen at the time of birth. But was their obstetrician at fault, or had nature simply dealt the Blatzers a cruel blow? When Phelan had gone to the waiting room after the delivery, Susan's mother remembered the physician telling her, "I *(continued)*

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THE PRICE OF HEARTBREAK
continued

should have done a C-section." Could Phelan have prevented Joel's injury with a caesarean?

Determined to find an explanation for their son's condition, the Blatzers asked that last question of their pediatrician. "A C-section might have helped in Joel's case," he said quietly. When they put the same question to one of Darryl's aunts, who was a licensed practical nurse, she offered a different reply: "Maybe you should talk to this attorney I know."

The idea of filing a malpractice suit against Phelan and the hospital did not appeal to the Blatzers. Never having been inside a courtroom, they feared reliving the events of Joel's delivery on the witness stand. In addition, they had religious qualms. "It bothered us that we'd be hauling a Catholic doctor and a Catholic hospital into court," Darryl says. A consultation with their parish priest relieved some of their misgivings. "He said that if we really thought the doctor had made a mistake, we should be concerned not just for ourselves but for other children in the future," Susan explains.

But their foremost concern was how they'd care for their handicapped son. They couldn't afford private therapists because Darryl earned less than $15,000 a year and Susan had given up her job to care for Joel. And relying on public clinics often meant hours of waiting in doctors' offices for all-too-brief therapy sessions. "It takes money to get the special kind of care Joel needs," Susan points out. "And without that special treatment, we knew he'd never get better."

Six weeks after Joel's birth, the Blatzers went to Rodney Margol, a young attorney who had a personal-injury practice with two other partners. A slight thirty-one-year-old native of Jacksonville, he'd worked on only fifteen malpractice cases in the five years since he had earned his law degree. He told the Blatzers he'd accept the case if his investigation revealed evidence that the doctor's and hospital's actions fell below community standards of care—the legal definition of negligence.

For six months, Margol pored over medical records from Phelan's office. He and his partner, Peter Fryefield, reconstructed Joel's birth, looking for clues as to what might have gone awry. They interviewed the Blatzers, noting discrepancies between their version of events and the medical record's account.

"The doctor and the nurse maintain the delivery happened one way," Margol said later, "while the family insisted happened another way. But the log and credibility of my clients led me believe that they were telling the truth

What especially troubled Margol wa a paper strip from the hospital's fet heart monitor. According to Margol reading, Joel's strip exhibited signs umbilical cord compression—whic could have restricted the flow of bloc and oxygen to the baby—more tha twenty minutes before the 8:08 P.M. d livery. Then, at 7:48 P.M., the monit had been turned off. Both doctor ar nurse insisted that they'd continue monitoring the baby's heartbeat on a electronic screen throughout the labo But there was no paper record of th final and crucial moments of labor.

Could Phelan and the nurse ha missed knowing the baby was in di tress? An early warning might have si naled the need to perform a caesarea Margol theorized, to relieve the tighte ing cord around the baby's neck. Had th nurse erred in not properly monitorin Joel's heartbeat? And after Joel had su fered his first seizure, why had anoth nurse surveyed Susan Blatzer with suc questions as "Were you satisfied wi the care your doctor rendered? Do yo think anybody made any mistakes?"

Margol was suspicious. Was the med cal community covering up a mi managed labor and delivery? "Ever thing pointed to a healthy fetus up thirty minutes before delivery, when v see the first signs of cord compressior he says. "Then we have no informati for twenty-one minutes, when the sta dards call for checking the baby's hea every five minutes."

But Margol couldn't confirm his susp cions, and trying to find medical exper to support him was difficult. No doctor Jacksonville would testify against a f low practitioner, especially one wi Phelan's solid medical standing. So Ma gol next tried reaching Dr. Edward Hc an electronics engineer and physicia who had invented the fetal heart mo tor. He, too, saw evidence of fetal distre in the heart monitor strip—evider that supported Margol's theory of me cal malpractice.

On September 9, 1982, the Blatze formally filed a suit in circuit court Duval County, naming as defenda Phelan, his hospital and their respecti insurance companies. They contend that Phelan's negligent care had perm ted Joel to suffer an oxygen loss and bra damage at the time of his birth. And th requested $9.25 million in damages.

A doctor's dilemma

When Phelan opened the summons c taining the lawsuit, he was shatter But after reading the specific charges negligence, he became angry. "It h

en a difficult delivery," Phelan re-
mbers. "But I thought I'd saved this
l's life. You can lose a child with
oulder dystocia, and here I was being
ed," he said incredulously.
Since its founding in the mid-seven-
s, the Florida Physicians Insurance
ciprocal, Phelan's carrier, has been
e of the leading insurance carriers
the state's doctors. It is owned and
erated solely by physicians, and law-
its filed against its good and bad
mbers were not unusual. In fact,
arly 25 percent of its six thousand
licyholders had been sued for mal-
actice at least once in their careers. A
v days after the Blatzers filed their
it, claims supervisor Daniel Dupre
rted a file on Dr. T. Michael Phelan.
Dupre, thirty-one years old, had
ndled more than a hundred obstetri-
l malpractice cases in his four years
th the insurance company and knew
e dilemma facing medical insurers.
elivering babies is a hazardous line
work," he explains. "You can do all
e right things and still have a bad
tcome." With the increasing size and
quency of jury awards, Dupre had
me to expect most doctors to seek
iet out-of-court settlements rather
an face messy trials. But at his first
eeting with Phelan, he was surprised
how adamantly the doctor wanted to
ht the lawsuit. "Most doctors who
t sued scream like hell for the insur-
ce company to pay up," says Dupre.
hey don't want to be out of their prac-
e for two weeks, and they don't want
e publicity. Not Phelan. He said,
ook, I didn't do anything wrong.'"
A six-member malpractice review
mmittee made up of doctors agreed
th Phelan's assessment and voted in
vor of the company's fighting the suit.
cording to that medical panel, the
al monitor strip showed evidence of
rd compression but no sign of fetal dis-
ess. There was no warning that a cae-
rean should have been performed.
"We've paid out a lot of settlements
cause we thought we owed the money,
at negligence had occurred," says Du-
e. "But we honestly thought Mike did
l the right things. This was one of
ose cases where we thought, If we
n't try to win this, we're going to end
having to pay them all."
To represent Phelan, the insurance
mpany hired James Rinaman, Jr.,
rty-seven, a veteran defense attorney
ho was well versed in medical malprac-
e lawsuits. The son of a physician,
naman was known throughout the
ate as the president of the Florida Bar
ssociation. He viewed the Blatzer case
a nuisance lawsuit. He'd just recently
gued a similar case, in which the jury
ded with the doctor, and he had every
ason to believe Phelan's *(continued)*

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As seen on page 105

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THE PRICE OF HEARTBREAK
continued

jury would do the same. "I just didn't think a jury would buy Margol's story," Rinaman said later.

As a counter to Edward Hon's testimony, Rinaman contacted Dr. Roger Freeman, who had at one time worked under Hon and who had similarly impressive credentials. According to Freeman, there was nothing abnormal about Joel's fetal monitor strip. Moreover, he maintained that if a serious lack of oxygen had occurred within twenty minutes of birth, the newborn would have appeared to be in more distress, but the Apgar scores indicated otherwise.

Admittedly, Rinaman could find no physician able to explain precisely what had caused the brain damage. Recent medical papers had reported that cerebral palsy could be caused by a lack of oxygen early in the pregnancy, but medicine didn't have all the answers yet. So Rinaman was left to develop his own theory of what had happened: Joel's brain damage had occurred during fetal development; in other words, at the hands of nature, not medicine.

"The most traumatic experience most people ever have is being born," Rinaman postulated. "And if a baby doesn't have the right coordination and muscle tone, it isn't capable of being delivered normally. A congenital development problem is what caused this baby's complications at birth."

In the jury's hands

On Wednesday, October 19, 1983, the malpractice suit came to trial, with a jury of five women and one man, among them a janitor, two secretaries and a nurse's aide. For ten days, Margol presented the Blatzers' case. With sixteen witnesses, he painted the picture of a physician in a rush, hurrying the birth with labor-inducing medication, drawing the baby out with a vacuum extractor before the cervix was fully dilated, tightening the cord as the head moved down the birth canal. If Phelan and the nurse had taken the time to notice the irregular pattern on the fetal heart monitor, Margol charged, they'd have realized Joel's distress and performed a caesarean.

For Susan Blatzer, reliving the difficult birth in court day after day was emotionally grueling. "It was like going through the trauma all over again," she says. She cried through much of the testimony and could barely contain herself when she took the stand. "The hardest part was when my husband talked about the dreams he had of his son walking over and sitting on his l like a normal boy," says Susan. "I w teary throughout the whole thing, b we both broke down after that."

Halfway into the second week of t trial, Joel Blatzer was brought into t courtroom. He was two years old then, a squirmy cherub with brov hair and a winning smile. Held in h mother's arms while a speech therapi conducted a brief lesson, he stayed le than fifteen minutes, but the impa was profound. "There's no way the ju didn't feel sympathy for this pitiful l tle baby," says Rinaman.

For two days, Rinaman presented t defense's case. Dr. James O'Leary, th head of obstetrics and maternal fet medicine at nearby University Hos tal, argued that neither the should dystocia nor the need for a caesare could have been foreseen. "Should dystocia is a last-minute event tha unpreventable and hard to predict," explained. "Unless there's a severe i jury, who's to say there wasn't a pree isting problem? The point was that t baby wasn't injured during the deliver

In many ways, Phelan was his ow best defense. He disputed Margol's co tention that after delivering the bab head, he should have performed a ca sarean section—pushing up rath than pulling down. "There's no way y can push a baby back up through t birth cañal," he insisted. "You'd p your fingers through its crown." Co fronted with the charge that the ba had suffered an oxygen loss in t twenty minutes before the delivery, replied, "If that were true, I'd have h to resuscitate the baby for thirty mi utes. But I didn't have to resuscita this kid at all."

Ultimately, the case pivoted on t issue of credibility: whom to believe? Margol's closing argument, he blaz away at Phelan and then appealed the jurors' hearts: "Joel Blatzer is n going to play Little League baseba He is not going to go trick-or-treati with his friends. Joel," he conclude "is like a bird who can't fly."

"It was powerful," Phelan later co ceded. But when Rinaman finished h closing statement, the doctor felt co fident. After only forty-five minutes deliberation, the jury filed back in the courtroom, and the attorneys Phelan's table relaxed even more. N mally, quick deliberations meant t doctor was considered innocent wrongdoing and the jurors didn't ne to discuss an award for the baby's ca and the family's suffering.

But as the jury forewoman beg reading the verdict on the vario charges, the crowd of spectators gaspe On the charge of negligence on the pa of the doctor: guilty. On *(continue*



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the charge of negligence on the hospital's part: guilty. The size of the award for the Blatzers: $9.25 million. The jury had given the Blatzers everything Margol had asked for.

Phelan's shoulders slumped as he heard the verdict. "I was in shock," he recalls, still bitter about the fact that a jury—without the benefit of years of medical experience—could brand him negligent. "How could jurors in forty-five minutes tell the difference between negligence and complications?" Rinaman adds, "It was a sympathy verdict, an unthinking reaction by a jury that failed to deliberate the issues."

But at the plaintiff's table, Susan Blatzer and attorney Peter Fryefield began to cry—partly for joy, partly for relief. "Justice was done, and Joel gained what he needed from the trial," says Susan. "But we'd have traded all the money for a healthy kid in a heartbeat."

"In a heartbeat," Darryl echoes.

The jury's decision seemed to have little effect on Phelan's professional life. He did not leave town or stop practicing medicine, as some friends suggested. In the days after the trial, patients sent him plants, balloon bouquets and bottles of wine. He continued to schedule patients for appointments and never experienced a drop-off in his practice. And when investigators from the Florida Department of Regulation looked into the case, they absolved him of any wrongdoing.

Yet the public ordeal took its toll on Phelan's private life. Two months after the jury awarded the damages, Phelan's father died of a heart attack, an event Michael links to stress from the lawsuit. Four months after that, Phelan's marriage of twelve years dissolved.

The $9.25 million award caused far-reaching repercussions among other doctors throughout the state. After an appeal by the defense, the judge reduced the award to $6.25 million—$780,000 of it to be paid by Phelan's insurance company and the rest by the hospital's carrier. (Phelan and the hospital were required to pay only their deductible limits—$5,000 and $500,000 respectively.)

The huge award contributed to a statewide insurance crisis. Six months after the verdict, the Florida Physicians Insurance Reciprocal was declared insolvent and forced to reorganize. "State investigators didn't think we had enough reserve capital to deal with future lawsuits," says Dupre, who's overseeing fifty-one more cases involving brain-damaged children. Premiums for Florida doctors skyrocketed. Standard obstetrical coverage that cost *(continued*

DOCTORS ON THE DEFENSIVE: A NATIONWIDE CRISIS

Despite the shock waves it caused, Joel Blatzer's medical malpractice case is not unique. Americans are filing three times as many malpractice claims as they were just a decade ago and winning settlements of astronomical proportions. According to the American Medical Association, the average jury award has jumped over the last decade from $94,947 to $338,000.

To cover the claims, insurance rates have skyrocketed, creating a financial crisis that's threatening the health care of millions. Since 1975, insurance premiums have increased 236 percent nationwide. Doctors in high-risk specialties such as obstetrics, orthopedics and neurosurgery pay annual premiums as high as $100,000 in some states.

As a result, the fear of lawsuits and stiff insurance costs are forcing many obstetricians out of the field—12 percent of them stopped delivering babies in 1984. And according to a 1985 American College of Obstetricians and Gynecologists (ACOG) survey of its twenty-five thousand members, 68 percent of doctors have increased diagnostic testing while another 59 percent have increased monitoring and documentation—all of which may tack on more than $1 billion to the nation's annual health-care bill.

Doctors' efforts to protect against the unexpected difficulties arising from a vaginal delivery have caused the nation's caesarean rate to more than triple over the last decade—to 20 percent of all births last year. The surgery, however, has its own disadvantages, such as the risk of a uterine rupture during labor.

Nobody can point to a single reason for the rise in malpractice suits, but medical experts claim that one cause is the high expectations patients hold for the marvels of modern medicine. "But you can't make all the babies come out perfect," says ACOG president Dr. William Mixson. "And when that doesn't happen, for whatever reason, physicians are the ones who catch the flak."

Of course, plenty of malpractice suits are clear-cut and well founded. The American Medical Association estimates that 10 percent of all physicians are incompetent, and negligence continues to be responsible for botched operations that cause serious injury and even death. "No one has the right to hurt people and not pay for it," says Marianna Smith, executive director of the Association of Trial Lawyers of America.

But as Joel Blatzer's case illustrates, there's often a fine line between negligence and unattributable complications. And some medical experts complain that heightened awareness of malpractice—fueled by opportunistic lawyers who solicit malpractice cases through expensive advertising—encourages patients to file claims whether or not the doctor was at fault. According to ACOG, nearly 75 percent of its members have been sued at least once, and of those cases that went to trial, the physician prevailed in eight out of ten.

To deal with the malpractice problem, nearly every state has enacted legislative reforms to curb the number of lawsuits, limit the size of jury awards and reduce lawyers' fees. (In the Blatzer case, for example, Rodney Margol and his two partners took $2.5 million of the jury award as their fee.) And in about half the states, panels of medical professionals review cases before they go to trial, suggesting an early settlement if the suit has merit. New York recently established penalties for frivolous lawsuits and called for improved screening procedures to remove incompetent doctors from the ranks.

Because more than one third of malpractice claims are filed by people who've already sued a doctor once before, a group of doctors are now setting up a nationwide computer network to check a patient's legal history before they check his blood pressure. One California physician asks his maternity patients to sign an arbitration contract, agreeing to refer any disputes to an arbitration panel. Some doctors believe that without corrective action against spiraling malpractice costs, certain medical services may simply become unavailable.

"It's not just a problem of dollars and cents," says Mixson. "Younger doctors are discouraged from entering obstetrics, and at the same time, greater numbers of experienced doctors are retiring early. There's a lot more distrust between patients and doctors. And that is in no one's best interest."

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THE PRICE OF HEARTBREAK

continued

Phelan $18,000 in 1981 cost $54,000 this year—an increase of 300 percent.

As a result, one quarter of Florida's obstetricians have simply quit rather than pay the insurance and worry about lawsuits. Those who continue to deliver babies have begun to practice so-called defensive medicine, conducting tests that are sometimes needless and risky in order to protect themselves against lawsuits. And Phelan himself now performs many more caesareans than he did a few years ago.

Phelan worries that another lawsuit will make him uninsurable and end his career. A second suit was recently filed against him but was found to be without merit. "Lawyers think I'm an easy target now, willing to settle anything," Phelan says. "There's only a finite number of times my insurance company is going to go to bat for me."

A lifetime of struggle

For the Blatzers, the end of the malpractice trial marked the beginning of a very different life. While they won the decision, they live with the everyday pain. Joel, now four and a half years old, still cannot walk, sleeps poorly and is prone to muscle spasms and upper-respiratory infections. A that would send a normal child to b for a few days may force Joel into t hospital for up to a week. His spee and powers of comprehension are li ited, although he surprised everyone saying his first word—"Dad"—not t long ago. "Joel's care is a twenty-fou hour-a-day job," says Susan, rocki Joel in her arms. "But we don't minc In the four years since Joel's birth, t family has taken only one vacation— three-day visit to Disney World.

"Joel is going to need a miracle reach his potential," adds Susan, "a it takes money to find that miracle The multimillion-dollar settlement what makes the search for that mirac possible by allowing Susan and Darr to rearrange their lives for Joel's ben fit. They moved out of their cramp apartment and into a three-bedroo brick rambler in a Jacksonville subur transforming the backyard into a 90 square-foot therapy room for Joel. It complete with exercise mats, a ther peutic swing and a warm-water whir pool to help loosen his muscles. Th traded their beat-up Toyota for a sp cially equipped Ford Econoline van transport a wheelchair-bound Joe And because their faith in the medic community has been shattered, th won't hire round-the-clock nurses look after Joel. Instead, both have qu their jobs in order to devote their liv to his care.

"He has to go through so much the apy just to learn what kids normally on their own," says Susan. "And he have to work the rest of his life to ove come his handicap." The Blatzers hav hired therapists to teach Joel speec occupational and self-help skills. In b tween the daily hour-long session Susan and Darryl reinforce the trai ing, helping Joel learn hand and bod control, how to sit up normally, how eat solid food. "He's smart," says Da ryl, "but he just can't display it lik other people."

"I truly think he loves life," say Susan. "He's always smiling. He com plains less than a normal child. Joel so happy that it makes you feel selfis when you gripe about little things.

"Our dream is that he'll walk on day," she continues. "No therapist ha told us that. But in our hearts we be lieve that'll happen. These kids need lot of faith to overcome their problems.

Two years after the Blatzer case physicians and lawyers still debat culpability in thousands of medica malpractice suits annually. And fam lies continue to confront the financia burden of raising severely handicappe children. On only one point do all side agree: In a medical malpractice sui there are no real winners. **En**

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LETTERS

ABORTION DEBATE FOLLOW-UP

Last November, the *Journal* ran a series of articles called "Abortion: The Great Debate," which examined the many aspects of today's most emotionally charged issue. As part of the package, we asked our readers to share their views on the controversial subject. We received nearly two thousand letters and postcards from men as well as women. As expected, opinion was divided, with 51 percent of the respondents expressing pro-life views, 47 percent considering themselves pro-choice, and another 2 percent either unsure or agreeing with some of the views of each position.

Your articles never mentioned the fact that many women who receive abortions have more than one. I work in a hospital that performs abortions, and I am appalled at the number of women who use abortion as a method of birth control. The pro-choice movement says women have a choice with their own bodies—and we do—until it involves taking an innocent life. We have the choice to prevent pregnancy; if we choose to give in to a moment of passion, then we have already made the choice about our bodies.

Sue Shaw, Arcadia, CA

I have heard both sides of the abortion issue in church, at my job, in the supermarket and everywhere I turn, and I really don't know which side I'm on. Would I consider an abortion if my young daughter were raped or if I were raped? Would I consider an abortion if the pregnancy threatened my life? I really don't know. I hope to God I don't ever have to make that choice.

I think for me and many other women, abortion is a gray area that should be decided upon individually.

Mary M. Larsen, Lake Ariel, PA

Not long ago, all abortions, except those required to save a woman's life, were illegal. But that didn't stop abortion. The rich could afford to pay huge prices for safe, pain-free and secret abortions. The middle class went to "butchers," abortionists whose only interest in good health was the health of their bank accounts. These abortions were performed in back alleys without the benefit of anesthesia or cleanliness. The poor had nowhere to turn.

Make no mistake about it, a law against abortions will never stop them from occurring. Women will still get them—many will develop infections and many will die, as in the past.

Meg Merrill, New York, NY

It is true that many pro-life supporters take their position for religious reasons, just as many of us also took positions in support of civil rights and against the Vietnam War or in efforts to preserve the environment for the same reasons. To point out that the Bible makes no specific reference to abortion is much too simple; it also does not condemn slavery, yet the abolitionist movement was powered mainly by Bible-believing Christians whose reasons for their efforts on behalf of black slaves were very similar to those we have for the unborn child. The Bible demands justice in human relations and does not promise convenience.

James and Christine Knoblock
San Diego, CA

I object to the designation of abortion foes as pro-life. I have listened to these people and watched their newfound guerrilla tactics; my conclusion is that they are not pro-anything. They are, in fact, against life—since their thrust seems to be toward punishment. Those who subject women to films of aborted fetuses or who hold such women against their will and subject them to anti-abortion harangues are punishing women for exercising their sexuality.

I have two daughters—I wanted both of them. But I was lucky. I did not conceive when I was twelve years old or when I had no financial resources or loving husband. I did not have to carry my babies knowing that they were genetically defective and would have no chance of a full and joyful life. I did not have to carry children who were the result of rape or incest. My children, thank God, were created and born in joy. I wish that were true for everyone. Until it can be so, I will support the wisdom of abortion on demand.

Susan B. Berneis, Dexter, MI

THE GIFT OF LOVE

I was so pleased to see the follow-up on Jose Luis, the orphan from El Salvador ["The Gift of Love," December 1985]. I remember being very moved by your first story in November 1983—I can still see the photo of little Jose starving to death in an overcrowded orphanage.

For that reason, I was particularly heartened when I read about the wonderful work being done by Universal Aid for Children, an agency that arranges for children like Luis to be found loving homes in America. When I think about the commitment I, too, feel the need to lend a hand. Can you tell me how I can go about helping this worthwhile organization?

Leslie K. Palmer, Boise, ID

Editor's note: The mailing address for Universal Aid for Children is P.O. Box 610246, North Miami, FL 33161. This licensed, nonprofit agency would like to hear from people who are interested in adopting; but even if you can't adopt, UAC also accepts tax-deductible cash contributions. Or you can write for a list of needed supplies and details on how to ship them.

LIFESAVING ARTICLE

I am writing to thank you for your life-saving story about Edward S. Wright, the Pennsylvania man who developed a pump to treat his granddaughter's swollen limbs caused by lymphedema ["Cured by Love," by Patrick Pacheco, October 1985]. Upon reading your article, my employer, Phillis Hutchens, had me call you to obtain Mr. Wright's phone number. You contacted Mr. Wright, and he called us the next day. What a blessing!

Mrs. Hutchens's son, Philip, has truly had his life extended and has been saved from a possible leg amputation. Mr. Wright's machine reduced Philip's leg approximately ten inches in circumference at the calf.

Thank you for printing the article on the Wrights and for helping us get in touch with them. God's miracles work through those of you who care.

Linda Malone, Loma, CO

Editor's note: We've received so many inquiries about the Wright Linear Pump, we'd like to print an address where readers can get further information. Write to: Wright Linear Pump, Inc., 5171 Campbells Run Road, Pittsburgh, PA 15205, or call 800-631-9535; in Pennsylvania, 800-631-9534.





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UPDATE ON EAR INFECTIONS

continued from page 74

along with the educational difficulties, a child often suffers emotional and social disadvantages.

According to James K. Kavanagh, Ph.D., who monitors the otitis media studies for NICHD, "Many physicians who treat OME do little or nothing about the hearing loss unless it is severe. If the child is slow in talking or learning, parents are told the problem will pass with the disease and the child will catch up. But the studies show that a good many kids, bright and normal in every way except for a history of OME, fall way behind and never do catch up."

OM and OME are often hard to spot, especially in infants, so parents should be on the alert for possible symptoms in children who have any sort of respiratory infection. Infants may be irritable, have disturbed sleep or pull at an earlobe, particularly when nursing; look, too, for any sign of hearing loss, which might be indicated by a lack of responsiveness to your voice or other sounds. An older child can of course tell you that he has an earache, but pain is not always an early symptom of OME. Again, watch the child for any signs of reduction in hearing following a cold or other respiratory illness. A vaccine against OM is not yet available, though NICHD researchers are working intensively on one. Meanwhile, they advise that all infants and young children who are found to have OME get a hearing test—particularly those with a previous episode or a family history of OME.

If treatment with antibiotics proves inadequate to clear stubborn effusion, small tubes can be inserted in the eardrum to drain off the fluid. The risk this procedure entails is minor when compared with the potential disabilities of hearing loss.

For children who have already fallen behind because of hearing loss, specialists in speech, language and hearing therapy can guide parents to a variety of remedial measures, both temporary and permanent, including hearing devices and special learning activities. Check with your doctor, your hospital or your public health agency.

You can also get free information and referrals from the following agencies: American Academy of Pediatrics, 141 Northwest Point Boulevard, P.O. Box 927, Elk Grove Village, IL 60007, phone 800-433-9016; Better Hearing Institute, 5021-B Backlick Road, Annandale, VA 22003, hearing help line 800-424-8576; National Association for Hearing and Speech Action, 10801 Rockville Pike, Rockville, MD 20852, phone 800-638-8255. —WILLIAM COLE

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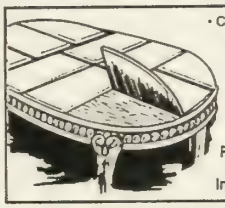
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LADIES' HOME Journal



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A special report from the National Institutes of Health: the latest medical breakthroughs in cancer, heart disease and more

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Just in time for Mother's Day—tasty recipes from moms who have turned their culinary talent into a trade

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While introducing my third-grade class to the electoral system, I asked, "Does anyone know what the two main parties are?" Angela answered eagerly, "Birthdays and anniversaries." *—Jane Mosquera, Staten Island, NY*"

QUOTES WE WOULD LOVE TO HEAR—JUST ONCE

JOAN COLLINS: "Anyone here for a chili dog?"
PHIL DONAHUE: "You are freaked out, mister. You need therapy."
MADONNA: "How tacky!"
JOHN McENROE: "I don't agree with your decision, sir, but I will respect it."
FARRAH FAWCETT: "What will the neighbors say?"
KRYSTLE CARRINGTON: "Honest to God, Blake, if you give me one more diamond, I'll throw up."
WILLIAM F. BUCKLEY, JR.: "I can' stand pretentious people."
JACKIE ONASSIS: "Can I put thi on layaway until payday?"
QUEEN ELIZABETH: "Lighten up Charlie. You only live once."

—Mary Paleologo

MATURITY

The laundry needs folding,
The toys are knee-deep,
The mending's been sitting
For over a week.
The baby needs changing,
The flowers arranging,
The bank sent a statement
That needs some explaining.

The freezer is empty,
There's company coming,
Car battery's dead,
The vacuum's not running.
As I wipe up some milk
(The spill broke the cup)
I find I'm still smiling—
I must be grown-up.

—Jill Frances

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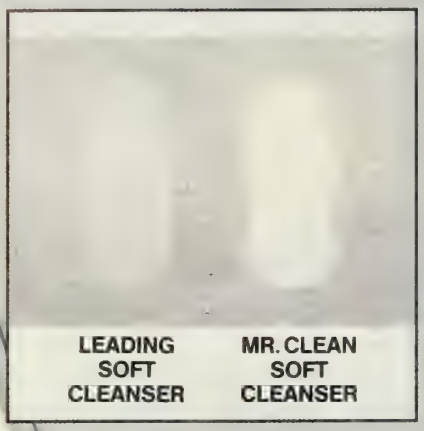
FOR BETTER OR FOR WORSE **By Lynn Johnston**



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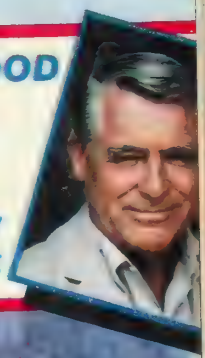
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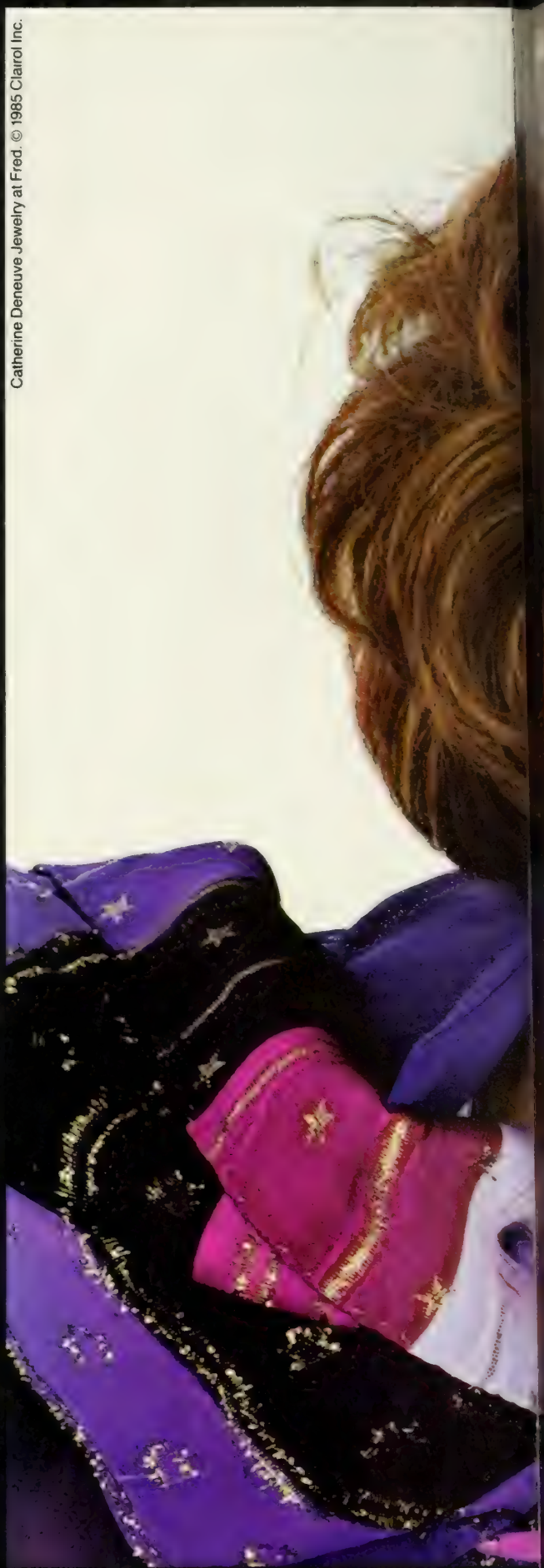
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eight kids"

DON JOHNSON
"I know my woman's out there somewhere—and I'm comin' to get her"
A SIZZLING INTERVIEW

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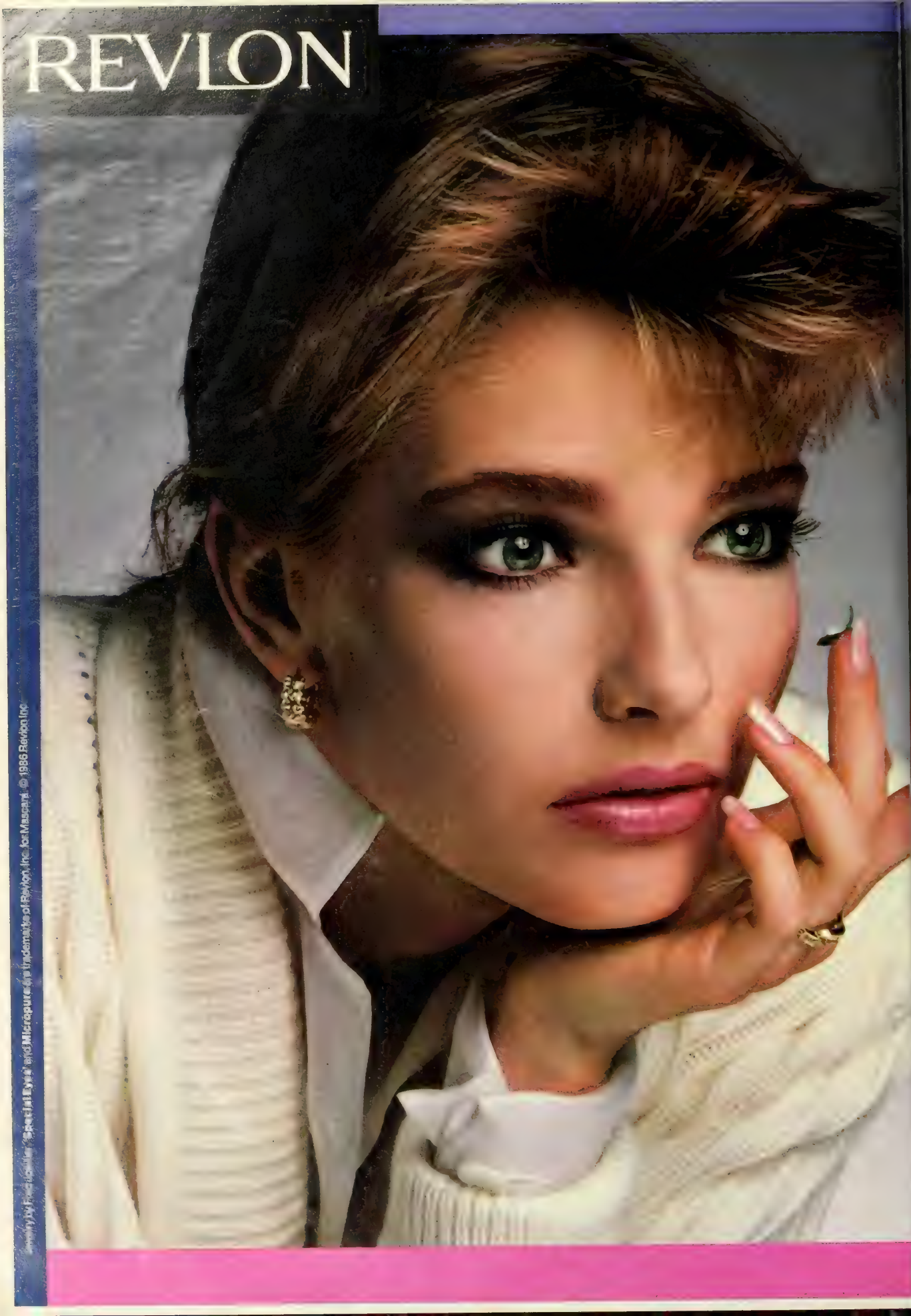
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EDITOR'S JOURNAL

WHAT TURNS DON ON?

By Myrna Blyth



Douglas Keeve/Gamma Liaison

Would you like to know what Don Johnson's *real* Miami vice is? Well, when the star of the popular cops-and-dealers TV show wants to indulge, he puts on his best white T-shirt and pink jacket and scoots on over to Dominique's, at the Alexander Hotel, in Miami Beach. That's the place that serves his very favorite dessert, a pistachio soufflé. I thought you might like to have the recipe for Don's sweet treat.

The ingredients are: 1 cup milk; ⅓ cup plus 1 tablespoon sugar; 2 tablespoons cornstarch; ¼ teaspoon salt; ½ cup pistachios, lightly toasted and ground; ¼ teaspoon almond extract; 4 eggs, separated, at room temperature; 1 tablespoon butter; 1 egg white, at room temperature; a pinch of cream of tartar; and whipped cream flavored with orange liqueur, which is optional.

Now, the directions for preparing this toothsome delight: Butter a 7- to 8-cup soufflé dish; sprinkle with sugar. In heavy saucepan combine milk, ⅓ cup sugar, cornstarch and salt. Bring to a boil over medium-high heat, whisking constantly. Stir in pistachios and cook 30 seconds. Remove from heat and stir in almond extract. In small bowl stir 2 tablespoons hot custard into egg yolks; stir yolks into remaining custard. Stir in butter; cool to lukewarm. (This can be made ahead. Cover surface directly with plastic wrap and let stand at room temperature up to 2 hours. Do not refrigerate.) Preheat oven to 350° F. In large mixer bowl beat all egg whites at medium speed until foamy. Add remaining sugar and cream of tartar; beat at high speed until soft peaks form. Stir one quarter of whites into custard; fold in remaining whites. Pour into prepared dish. Bake 35 to 40 minutes. Serve immediately with whipped cream. Makes 6 servings.

I know it sounds like a bit of trouble, but just think—you'll know what to serve if Don ever comes to dinner! Till then, serve the soufflé to your loved ones and indulge yourself by reading the interview this exciting star gave the *Journal*, on page 62.

Read as well our special report focusing on the latest research being done by the National Institutes of Health (page 67). We think it is an impressive piece of medical reporting. . . . Good food, good fun, and lots and lots of good reading. Now, that's *my* recipe for a satisfying magazine.

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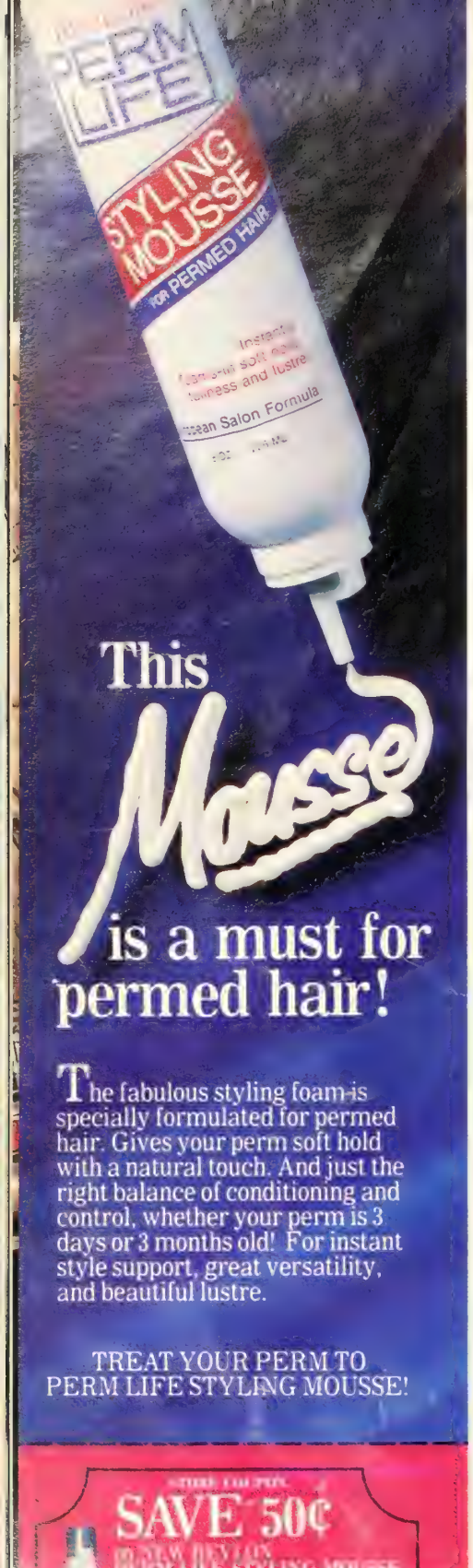
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LADIES' HOME

Journal

VOL. CIII NO. 5 MAY 1986

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Ross Whitaker

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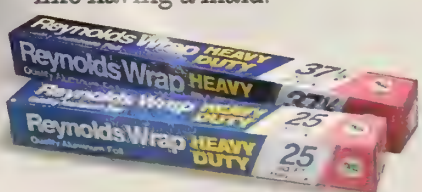


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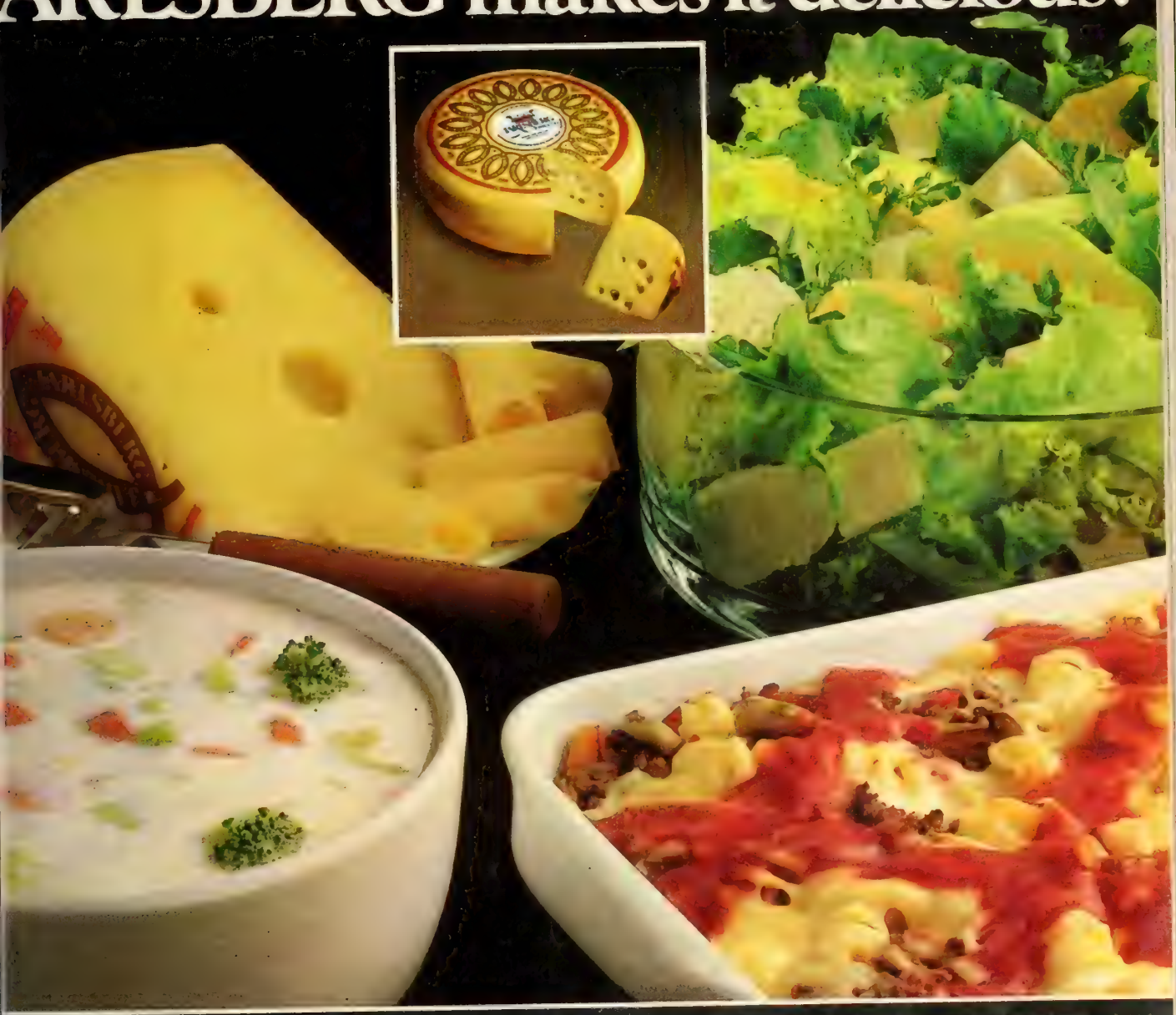
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oe unique.
nd don't forget, Jarlsberg is one of America's
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LIFORNIA SALAD

ups assorted torn greens (such as Green leaf
ttuce, Romaine, Boston, Bibb and Chicory)
p watercress
vel oranges, peeled and sliced
apefruit, peeled and sectioned
edium avocado, peeled, seeded and sliced
ps cubed Jarlsberg Cheese
up salad oil
sp. red wine vinegar
sp. chopped parsley
nall clove garlic, minced
sp. tarragon, crushed
arge bowl, combine first 6 ingredients. In meas-
g cup, combine remaining ingredients. Blend
l. Pour over salad. Toss to blend. Makes 6
vings.

OSLO MACARONI BAKE

1 lb. ground round
2 Tbsp. butter
1 cup sliced mushrooms
1 medium onion, chopped
½ cup chopped red pepper
1 tsp. salt
⅛ tsp. pepper
¼ cup butter
¼ cup flour
2½ cups milk
2 cups shredded Jarlsberg Cheese
1 can-16 oz. tomatoes, chopped
3 cups cooked rotelle pasta
1 can-8 oz. tomato sauce

In skillet, brown beef in butter. Add next 5 ingredients. Cook, till tender; stir often. Set aside. In saucepan, melt remaining ¼ cup butter. Add flour and cook, stirring, several minutes. Remove from heat. Gradually blend in milk; cook, stirring, until thickened and smooth. Stir in 1½ cups cheese. Blend tomatoes into meat mixture. Blend pasta into sauce. Alternate layers of pasta and meat mixtures in buttered 2 qt. baking dish. Top with tomato sauce. Bake at 350°F./35 min. Top with remaining cheese. Bake 5 min. longer. Makes 6 to 8 servings.

JARLSBERG VEGETABLE BISQUE

3 Tbsp. butter
3 Tbsp. flour
4 cups chicken broth
2 cups coarsely chopped broccoli
¾ cup chopped carrots
½ cup chopped celery
1 small onion, chopped
1 small clove garlic, minced
¼ tsp. thyme, crushed
½ tsp. salt
⅛ tsp. pepper
1 cup heavy cream
1 egg yolk
1½ cups shredded Jarlsberg Cheese

In large heavy saucepan, melt butter. Add flour and cook several minutes, stirring. Remove from heat. Gradually blend in broth. Bring to boil, stirring. Add next 8 ingredients. Cover; simmer 8 min. till vegetables are tender. Blend cream and egg. Gradually blend in several tablespoons soup. Return to soup and cook; stirring, till thickened. Blend in cheese. Serve. Makes 6 to 8 servings.

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...and everyday feminine problems

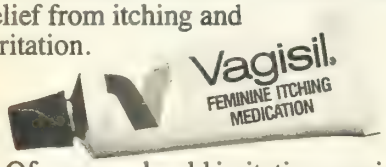
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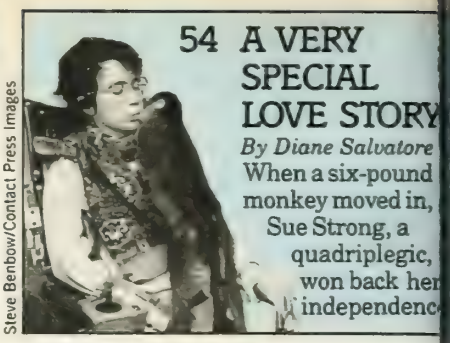
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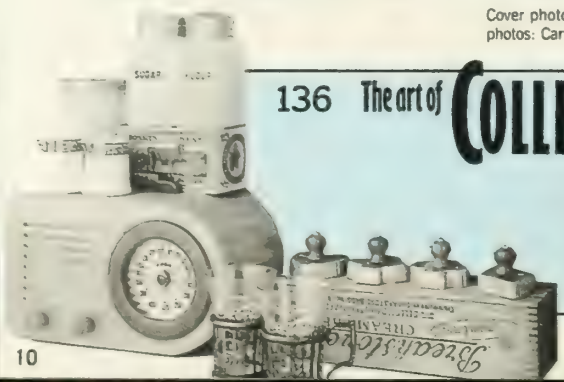
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Cover photo of Don Johnson, Nancy Ellison/Sygma. Inset photos: Cary Grant, Philippe Halsman; "Family Ties," NBC.



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Got a passion for treasure-hunting? Try our ideas for displaying collectibles—and reflect your personal style!



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"WE DIDN'T TRUST EACH OTHER"

Skip thought Jean had wandering eyes. What happens when jealousy tears a couple apart? By Sondra Forsyth Enos



This case is based on information from the files of the Family Service League, a private nonprofit organization in Huntington, New York. The story is true, though names and details have been changed to conceal identities. The counselor in this case is Rita Post, M.S.W., M.A.

JEAN'S TURN

"That stunt Skip pulled the other night when I got home from an evening out with my friend Susan was the last straw," said Jean, a statuesque redhead, just turned twenty-two. "The minute Susan pulled into the driveway, Skip was out the door, shaking his fists and peering inside the car. Well, it was only Susan's brother, Jeff, in the backseat; he had been at the same disco as Susan and I, and Susan was just giving him a lift home. But Skip went nuts! He accused me of fooling around.

"I was so disgusted, I didn't even try to defend myself. All I'd wanted was some time away from the children and a chance to see what a disco is like. I missed a lot because we married so young—I became pregnant with Heather right before high school graduation, and our wedding took place that summer. We were just kids ourselves, with all that responsibility, when we should have been out kicking up our heels a little.

"But then, we were so in love, nothing else seemed important. Skip and I grew up in the same town. He's the youngest of four boys, and his parents divorced when he was two. His mother, who fancied herself an actress, soon married a wealthy businessman who encouraged her to enroll in acting classes and took her on trips to exotic places. The boys were left home alone, with the teenagers in charge.

"I knew Skip wasn't happy at home—he spent more time at my house than he did at his. That is, until the year we turned sixteen, when he was arrested for shoplifting. When that happened, my mother was upset, but my stepfather, George, was outraged, and he told me I couldn't see Skip anymore.

"My own parents had gotten a divorced when I was twelve years old, and I never saw my father again. I loved my dad, and I couldn't understand how he was able to turn his back on a wife and five kids. Thank God Mother met George, a contractor. I loved George, and I wanted very much to obey him.

"But the trouble was, I missed Skip; it hurt to see him dating other girls.

"For more than a year, I was lonely and miserable—I didn't date anyone else; I would have felt as if I were cheating on Skip. My parents offered little sympathy; you'd think they'd have worried about a girl who did nothing but study, but they seemed relieved.

"When Skip finally called, in April of our senior year, I just about flew over to his house. He said he was sorry about all the other girls—and I forgave him. I didn't go home that night. I called my parents and told them I was sleeping at Susan's. Skip's parents were on one of their trips, and his brothers were all away at college, so we went ahead and slept together in his room.

"Naturally, I got pregnant. Mother and George were great—they didn't make me feel awful, and they said I could stay at home and they'd support me and the baby while I went to college. But they were dead set against my marrying Skip.

"Skip did want to marry me, although he went white when I first told him about the baby.

"Finally my parents gave in and held a simple ceremony and reception for us at home, and we moved into a small apartment nearby. I have to hand it to Skip—he really pulled himself together. He answered an ad for someone to do floor-finishing, and he was hired on the spot. He worked hard, and within a year after our we ding he had learned the trade, sav enough to buy his own equipment a started his own business.



"I was convinced that everything w going to be fine. Skip even turned out be a super father! I must adm though, marriage and motherho didn't turn out to be quite what I h imagined. Skip began to go out with h brothers and his buddies just abo every night. I worried that he was se ing other women, but if I so much suggested that, Skip became furio He said he needed to get away from t crying baby after working hard all da

"Well, that really made me crazy mean, *I* was the one cooped up in th tiny apartment, nursing around t clock and fielding business calls fro Skip's customers. I loved the baby much, but I felt like a fat, ugly cow.

"One day I bundled Heather up a drove to the drugstore for a few thing In the parking lot, I ran into an o friend from high school. She was st single—working as a secretary—a she was wearing these really tig jeans, her hair and makeup just pe fect. I wanted to die when I compar her life with mine.

"That night, I packed up and to Heather with me to my mom's house was exhausted and depressed. Abo seven o'clock, Skip called in a panic a was relieved to find out where we we I told him I was never coming home.

"I was surprised at how strongly reacted: I could hear him choking ba tears. I thought about that sound t whole night, and the next morni Heather and I went home. Skip look so worried and haggard when I arrive but for some reason we *(continue*

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CAN THIS MARRIAGE
continued

started yelling at each other, and then he left for work. We never discussed the incident again.

"Not long after that, things took a turn for the worse. Skip's brothers introduced him to cocaine. Can you believe it? I was sitting on a Salvation Army couch, and he was spending money on drugs! I was livid, and after some pretty bad arguments he finally agreed to stop.

"For a while everything seemed fine, and I was pleased to discover that I was pregnant again. But when David was born, shortly after Heather's fourth birthday, something inside me snapped. I realized I was twenty-two years old and had never been to college, never held a job, never traveled more than a few miles from my home.

"Well, I wanted equal time. Not to have affairs—I love Skip, and our sex life has always been great no matter what else was going on. Still, I wanted to have fun for once.

"I told Skip how I felt and initially he agreed. He even offered to baby-sit when I went out, but I knew he was angry. And whenever I do go, he's always grilling me. It's insulting, and I can't live with it anymore. I told Skip he owed it to me to come for counseling. If he can't change his ways, I want out."

SKIP'S TURN

"Jean and the kids are all I've ever wanted in life," said Skip, a boyish-looking twenty-two-year-old with dark curly hair. "I couldn't bear to lose them.

"I admit I overreacted the night she went out with Susan, but I couldn't help it. I wasn't exactly waiting up for her, but it got later and later, and I was getting upset. I pictured some awful car accident. Then I started imagining things—Jean dancing with other men, having a great time . . . maybe even making love to some guy.

"I knew that wasn't like her—but she did say she wanted to know what a disco was like, and I figured she wasn't going to dance with Susan, for Pete's sake! I'd offered to take her, but she said she wanted to be with the girls.

"Well, when I saw Jeff in the car, I was sure my wild imaginings were true after all. I've known Jeff since high school, and, let me tell you, he gets around. And Jean is so beautiful! What guy wouldn't want her? To be honest, sometimes I can't understand what she sees in me. I've put on weight in the last few years, but Jean's gorgeous!

"It's not just her looks, though. Jean is really smart. She was an *A* student in school, always cracking the books wh I was out wasting time. Of course, h parents encouraged her, whereas I w lucky if mine were even around glance at my report cards.

"I don't like to complain, but t truth is, I never really had a family. dad left when I was two, my moth was always away on trips with her n husband, and my brothers were s thirteen and fifteen. They were pre wild guys, and I tagged along and into my share of trouble—nothing se ous, just a little shoplifting, fistfights few broken windows—but inside I kn it was wrong. I'd watch *The Bra Bunch* on TV, and I would dream abo having a real family when I grew up.

"Then I met Jean, and it was li Romeo and Juliet. For a while, I w unbelievably happy . . . that is, unti was stupid enough to get arrested pocketing some candy in Woolworth Just some candy! I can't believe messed up my life for a Baby Ruth a a couple of rolls of Lifesavers! But then, petty shoplifting was a habit wi me, and for once I got caught.

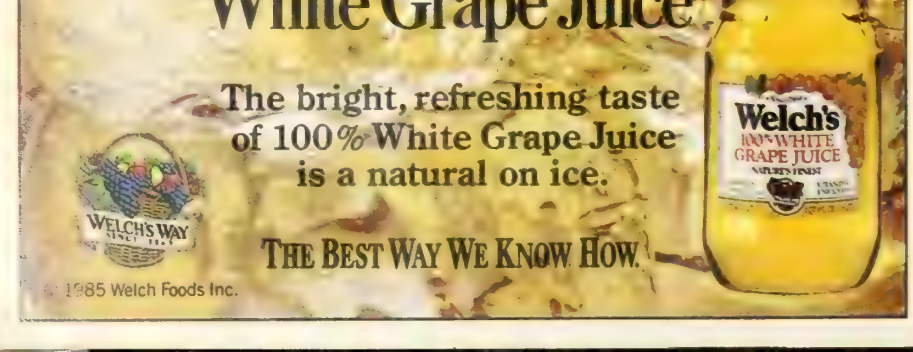
"When Jean's old man said s couldn't see me anymore, to be hone I thought he was doing the right thin Jean deserved better than a guy li me. But the funny thing was, Je never went out with anybody th whole time. I'd pass her in the hall school, and she'd give me this sad lo until I couldn't stand it anymore. In t spring of our senior year, I called her

"Well, the rest is history. Sure, I w scared when Jean first told me she w pregnant, but I was excited, too. At la I was going to have a real family made up my mind to take care of Je and the baby, and, if I do say so, I done really well.

"That's why I never understo Jean's attitude about my nights o with my brothers and the guys aft Heather was born. I spend my da doing manual labor. The last thing need is to spend the evening in cramped apartment, listening to baby cry. And Jean never lets me ha five minutes to get my coat off and ha a beer before she's on me, complaini about her day, griping about taking few phone calls for my business.

"But I *never* saw any other wome To be honest, I think it's Jean wh unsure about marriage and paren hood. Once, not long after Heather w born, she took the baby and went hom to her mother. I was scared—we had even had a fight. In the back of m mind I wonder if she'll do it again.

"Of course, I keep messing up a giving her reason to leave me. For while, I was doing drugs—my brothe knew where to get cocaine. It's expe sive, but I work hard, and I *(continue*



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CAN THIS MARRIAGE
continued

could afford a little. Besides, it made me feel powerful, like I could do anything—become a millionaire, buy a big house for Jean. Then I wouldn't have to sand people's floors and hear their complaints anymore.

"Well, I hate to admit it, but I'm lucky Jean nagged me until I stopped using cocaine. I've got to think about my kids first; I don't want them to come from a broken home, the way we both did. I'll do whatever it takes for Jean to get this disco thing out of her system."

THE COUNSELOR'S TURN

"Both Jean and Skip entered this marriage with a history of abandonment," said the counselor. "Jean had never really come to terms with her father's sudden departure when she was twelve. Not surprisingly, as a young bride with a new baby, she feared that her own husband would abandon his family responsibilities in the same way her father had done.

"Skip, too, was bothered more than he realized by the fact that he had no clear memory of his real father. This, coupled with his mother's extended absences while he was growing up, had left him feeling unwanted and unlovable. His older brothers were the only family he really had, and he yearned to be accepted by them.

"As young teenagers, Jean and Skip had clung to each other, trying to find the security that was lacking in their own families. The year she was forbidden to see Skip left Jean feeling even more unsure of herself.

"During this same period, Skip, though busy dating other girls, was keenly aware of Jean's sadness. He loved her and felt responsible for her, but still, for more than a year, he kept his distance and concealed his guilty feelings. I pointed out that this early experience might be partly responsible for his current fears that Jean, in her insistence on getting out of the house, would behave the way he had.

"Unfortunately, until they came for therapy, Skip and Jean had never attempted to express their feelings to each other. Instead, they resorted to hurling groundless accusations, which only fueled the atmosphere of suspicion. In fact, little was accomplished during our first few sessions because they continued to fight. Jean was more forceful, acting somewhat martyred because of Skip's many transgressions.

"I began to see how difficult it was for Skip to stand up to his very articulate and beautiful wife. But I also sensed that he was trying to make her into th stay-at-home mother he never had. H couldn't understand why she wasn happy when he was working so hard provide for her.

"At that point, I gave them som homework. First, I asked Jean to kee a daily journal—to jot down her fee ings as well as what she thought ha triggered various actions and reaction Next, I told them to set aside at lea fifteen minutes each evening to chat- not necessarily about anything seriou just to connect. A stipulation was tha Jean first had to give Skip time to un wind after work. What's more, bot Jean and Skip had to promise to say love you more often, to reassure eac other of fidelity and trust.

"The results have been very gratif ing. During their evening chats, th couple shared their personal aspira tions for the first time. It turns out tha Jean, the good student, had always fe frustrated that she had been unable t go to college and pursue a career. A first, Skip felt threatened by the idea his wife's working; however, he eventu ally saw her side, and Jean recentl started school one night a week wit plans to study library science. Whil she's at school, Skip baby-sits.

"Progress was made on other front too. Jean's anger at her husband's dru use and nights out lessened once sh understood that he had acted out of need for his brothers' approval.

"But the drugs also let Skip overcom his feelings of inferiority. Fortunatel he has found another outlet for hi frustration: When Skip confessed tha he was much more excited by the ad ministrative aspects of business, the agreed that he, too, should go back t school. Skip is now studying to be certified public accountant and plans t use his skills to expand his one-ma operation. What's more, the couple als managed to save enough money t move into a small but charming three bedroom home of their own.

"Although Jean and Skip had man strikes against them, they were ver much in love and committed to build ing a solid home for themselves an their two children. They were in cour seling for five months, and the last tim I spoke with them, Jean reported tha they had been out to dinner and movie the previous evening while he sister stayed with the children. Thoug Skip still has an occasional night ou now he goes to a health club to wor out on the Nautilus machines. He ha also rented a small office with a phon and answering machine and hired man to help him.

"It looks as though Jean and Ski finally have the real family they bot dreamed about all these years." **En**

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"MY MOTHER-IN-LAW THE BRIDE"

Why would my mother-in-law marry again at eighty-three? Sometimes the heart has its own special reasons. By Evelyn Kaye

My mother-in-law is quite a woman. At the age of eighty-three, she still loves entertaining her nine grown-up grandchildren and her great-grandchild, she's a competitive bridge player and an active member of the bowling team, and she enjoys parties, celebrations and traveling.

Thirteen years ago, Mum and Dad moved to the quiet coastal town where she now lives. Dad had just retired, and they were looking forward to becoming part of an active community. After forty-seven years of marriage, they were still very much in love. But one year after they moved, Dad suffered a stroke and died. Mum struggled to remake her life and succeeded. She settled into an active routine, and she made many new friends.

At first, Mum was critical of women who went out with other men after being widowed. She always said that she had loved one man and that was enough for her. "I'm past all that," she'd tell us firmly.

Then Mum met Tom, now seventy-five, two years ago at a dinner party given by friends. Formerly a sales manager for a large chemical company, Tom was a widower whose wife had died ten years before. He and Mum began to see each other regularly and even went away for weekends. This surprised us at first, because Mum had been rather straitlaced all her life. But we were also very pleased. She obviously enjoyed spending time with Tom, and after meeting him, we knew that he truly cared for her. However, Mum refused to admit that Tom was anything more than "just a lovely companion." But seeing them together made us aware there was more to their relationship.

"She came to stay with us a few months after they met," recalls her daughter Ann, forty-eight. "She was exhausted; she kept falling asleep and taking naps. It turns out that she and Tom were staying out late every night and running around all day. She was worn out—like a teenager in love!"

Mum kept insisting, "I'm not going to change my lifestyle." But Tom changed her mind. Soon after they became involved, he proposed. Mum maintained that she liked her life the way it was and she wasn't about to give up any of her activities. But Tom insisted that he was willing to adapt to her lifestyle, and he set out to prove it. Whatever Mum wanted to do or wherever she wanted to go, Tom went with her. He even agreed to sell his house and live in her apartment if Mum would become his wife. Finally, Mum agree to marry him. But of course, there we her children and grandchildren to co sider. How would they feel about a other man in her life? Nervously, sh phoned each of us.

We were a little startled at h change in attitude, but we were hapr for her nonetheless. In fact, it seeme more characteristic of Mum to get ma ried than for her to have a serious rel tionship without marriage. She had a ways believed strongly in traditio family and marriage. "Great! Wonde ful! Excellent!" we told her with gen ine enthusiasm.

Perhaps the biggest shock was felt b some of Mum's grandchildren, who ha to realize that the passion they believe to be the province of the young could l felt with the same intensity decad later. This was clearly a union of lo and affection, a fact they had to accep For example, Mum gave us Tom's phon number in case she wasn't home durin the evening—or later.

Once Mum and Tom told their fam lies the good news, they began makin plans for the wedding. Mum was dete mined to be married "properly" in h church, and the ceremony was schedule for September.

We arrived one day before the b event, and Mum and Tom *(continue*



Mum and Tom surrounded by their family on their wedding day

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A WOMAN TODAY
continued

picked up my family at the train station.

"All my friends kept asking me why I was getting married and why we didn't just live together instead," Mum confided mischievously in the car. "I said I had to set a good example for my grandchildren."

My daughter, aged twenty-one, laughed. "Come on, Nana," she said, "we'd have understood. But you couldn't really just live together, could you?" Mum shook her head.

We went to Mum's apartment, where Tom would soon live with her. Ann and Mary, my husband's sisters, were already there. We sat around eating lunch and exchanging family news.

While we were talking I saw my husband, Christopher, quietly watching Tom and Mum together, and I knew what he was thinking. It was odd to see Tom sitting next to Mum—he even looked a little like Dad, and it seemed for a moment almost a betrayal.

"Dad always told her to do what was best for her," Mary said later—as if in response to the moment of discomfort we had felt seeing Mum and Tom together. "And Tom is so good to her—she's very lucky." We all agreed; Dad would have been glad she was taking this step.

The next morning, bright sunshine broke through the clouds and shone down on the rippling sea. Christopher drove over to Mum's apartment to collect her, while the rest of us gathered at the church. Just as Mum's great-grandchild began to get fussy, someone whispered "She's here." Tom, who had been standing patiently in the front of the church, turned to see his bride, and the organist began.

Mum looked radiant. She wore a vivid blue dress and jacket with a feathery blue hat, and she carried a small bouquet of pink and white flowers. My husband escorted her down the aisle to the altar, where she joined Tom.

After a hymn and a prayer, the minister addressed the couple. It seemed strange—almost disrespectful—for this boyish-looking pastor to address them as Tom and Betty. As he spoke of marriage, the traditional phrases—"till death do us part" and "love enduring beyond the grave"—had a poignant ring.

After the vows, Tom put the ring on Mum's finger, and they kissed. They signed the registry book and then, smiling happily and proudly, walked arm in arm up the aisle.

Watching them, I thought of my own wedding, twenty-two years ago. Christopher and I had been young and unsure of what was ahead of us—so different from Mum and Tom. But their courtship, culminating in this ceremony, taught me that age has nothing to do with lov Mum and Tom's feelings and needs wer no different from those of their childre . . . or their grandchildren.

After the ceremony we went to th reception luncheon. Several family men bers gave speeches. Tom's son, his be man, spoke first. "The best man is su posed to look back at the times he's share with the groom and recount their wil and formative experiences," he sai "Well, I've known Dad a long time—a my life, actually—and up until now he been very strict. But Betty has had a ver good influence on him, and I've reall learned to appreciate her."

Listening to his words, I realized som thing intriguing about Mum and Tom Even at an age when we considered ther to be set in their ways, they were still abl to learn new things from each other an willing to change their attitudes. Gettin old doesn't have to mean that our live become monotonous, I thought. We ca still learn and even change our view points, as long as we want to.

Christopher seemed to share my fee ings. Toasting the bride and groom, h said that at this wedding "the young pe ple—our children—are looking at thei grandparents as the center of attentior My generation is standing in the middl looking back at our grown children an ahead to new experiences we've neve dreamed of."

Then Tom stood up. "I have a toast fo you, our guests," he said. "Betty and have three things we truly appreciate– loving, sharing and caring. These are th things we have found together. And w thank you for adding to them by bein here today. We toast you all for lovin sharing and caring."

Mum stood on the hotel steps to throw her bouquet before she left. She tosse the flowers in the air, and her twenty year-old grandson, James, a tall footbal player, reached out and caught ther easily. Everyone laughed. Embar rassed, he gave the bouquet to his siste

Then Mum and Tom drove off for thei honeymoon—a few days in a nearb town. We waved good-bye and then sa chatting together in the hotel lounge There was such a lovely feeling of relaxe celebration that no one wanted to leave

Somehow, we were all affected by thi wedding in a very special way. Instead o thinking of Mum solely as a mother o grandmother, we began to see her as a woman determined to live her life to th fullest. When others settled back to fee on their memories, she was on the verg of new adventures. She didn't want to liv through her children or grandchildren She'd do her *own* living, thank you.

My daughter summed it up best. " hope when I'm eighty-three I have tha much energy, enthusiasm and spunk."

I hope I do, too! **En**

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Get a leg up on summer: a new thigh toner, the latest skin smoothers; next page: buying the right sunglasses, an easy French braid



Diane Teske Harris

BEAUTIFULLY BARE-ABLE LEGS

It's time to peel away the winter woollies and reveal your gorgeous gams in all their sleek and sexy glory. Here's the info you need to make your legs lovely in shorts, bathing suits and sheer summer hose. **THERE'S THE RUB** Exfoliation—rubbing away dead skin cells—helps prevent ingrown hairs, removes tiny skin bumps and unclogs pores, leaving legs soft and smooth. Diane Young, of Diane Young Skin Care Salons, recommends exfoliating in the shower or bath, where skin is softened by heat and moisture. Use a horsehair mitt, loofah, body brush or bath sponge plus soap or an exfoliating lotion. Rub skin in gentle circles from ankles up, paying special attention to knees and outer thighs. Exfoliate before shaving, to avoid irritation. Apply moisturizer to keep skin touchable. **HAIR-REMOVAL TIPS** *Shaving* is best done in the bath or shower. Lather up with a rich shaving lotion or gel or superfatted soap, and shave upward, against the direction of hair growth, using a razor with a recessed, contoured blade. Prone to postshave rashes? Apply a nonalcoholic toner afterward. Shave the night before a beach trip: Just-shaved skin is sensitive to the sun and to many suntan lotions. Since hair grows faster in the summer, you may have to shave every other day. *Depilatories* dissolve hair at the skin line. Always do a patch test on inner arm first. Follow package directions exactly and smooth product on—don't rub into skin. (Be careful around bikini line: Skin is extra-sensitive there.) Wipe off with a wet washcloth. Results last around two weeks. *Waxing* removes hair at the root. It is most conveniently (and neatly) done at a salon. Don't moisturize legs beforehand. Have a patch test done at your ankle to determine if you are sensitive to the heat of the wax or to the pulling of hairs. Be sure the waxer powders legs (and bikini line) before applying wax. The powder blots up oil and helps wax grip hairs better. Ask for pine wax instead of beeswax; it melts at a cooler temperature, it's odorless, and it's thinner, so it spreads more easily. Results last about four weeks. Repeated waxings destroy the roots in many cases, so your hair may not grow back.

WHAT'S NEW

After a day in the sun, take a plunge with Vitabath's Coconut Bath and Shower Gelee, with skin-soothing chamomile . . . Scent for sirens only: Revlon's Scoundrel Musk . . . Clairol's Pazazz Styling Mousse or Gel adds color as well as volume to hair: Go for the gold, bronze, copper or rose.

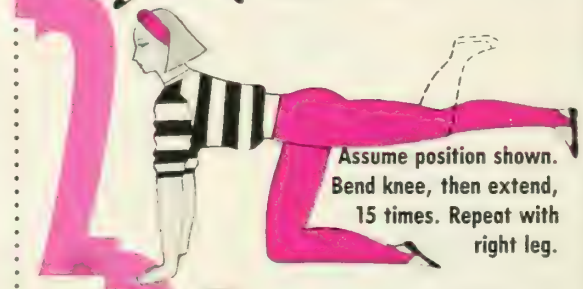
ZAPPING SPIDER VEINS

According to dermatologist Diana Bihova, M.D., clinical instructor at New York University Medical Center, in New York City, spider veins are dilated capillaries caused by heredity or hormonal changes during pregnancy or while on birth control pills. They may be treated by a dermatologist with injections of saline or sclerosing solution; both destroy veins, which are then absorbed. Usually two to six treatments are required; veins may reappear. They may also disappear spontaneously. If you don't opt for treatment, cover veins with a facial foundation that's one shade lighter than your skin tone (when you're at the beach, try a waterproof cover cream).

EXER-THIGHS



1. Sit on floor as shown. Press your knees down against hands; hold 6 seconds. Do 10 times. Repeat with hands inside thighs, pressing knees inward as hard as you can.



2. Assume position shown. Bend knee, then extend, 15 times. Repeat with right leg.



3. Sit on floor, grasping left knee to chest, and extend right leg as shown. Keep back straight; lift right leg off floor 10 times. Repeat with left leg.

Exercises created by Nancy E. Besser, director, One-to-One Fitness Center, NYC.



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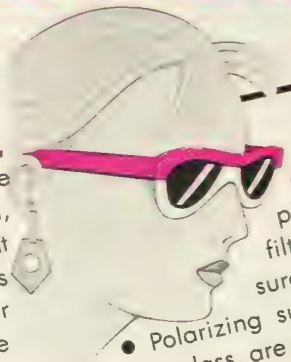


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SUNGLASSES SAVVY



Here comes the sun—and out come the shades. According to Spencer E. Sherman, M.D., associate professor of ophthalmology at Mount Sinai School of Medicine, in New York City, it's critical to choose sunglasses with lenses that protect your eyes from UV (ultraviolet) light: Even one unshielded dose can burn your retina, scarring it permanently. Prolonged exposure over the years can promote the formation of cataracts and pterygia, flesh-colored growths on the whites of the eyes. So the most important feature to look for in sunglasses is their UV-screening ability. It should be noted on the tag. Other tips: ● Buy sunglasses from an optician; she can advise you on the best pair for your needs. If you do buy sunglasses elsewhere, look through the lenses to check for distortion. Hold them away from you and tilt them back and forth. ● Gray is the best lens tint, since it doesn't distort colors. ● Glass and plastic lenses are equally good UV filters. ● If you choose glass lenses, be sure they are shatterproof safety glass. ● Polarizing sunglasses, which are made only from glass, are excellent for the reduction of glare from all angles. They also allow you to see through the surface of water (good for sailors). ● Photosensitive lenses, which adjust to changes in light intensity, are fine as long as they block UV rays. But there are as yet no photosensitive lenses that are also polarizing. On the horizon: liquid sunglasses, in the form of eye drops that are made of an aloe plant extract that has UV-screening ability.

READER TESTED

THE HERRINGBONE BRAID

ALL THUMBS WHEN IT COMES TO MAKING FRENCH BRAIDS? TRY THIS SLEEK AND SIMPLE VARIATION



Diane Teske Harris

1 Take a triangular section of hair from your crown and divide in two. Cross the right-hand section under the left-hand section.



2 Pick up some more hair on each side and cross sections again. Continue braiding in the same manner all the way down.



3 Fasten end with elastic; tuck under and secure with a bobby pin. Tame wispy ends with combs or a dab of mousse.

Two readers, Nancy and Jean, tried the braid. Because Nancy's hair isn't very long, she had to pin the front sections back before starting so she had even strands to work with; Jean, who has long hair, didn't need to do this. Both had some difficulty the first time around. We suggested Nancy try again at home with damp hair; she found braiding that way much easier. Both like the braid a lot and think it goes well with this summer's body-hugging fashions.

TRENDS



Bruce Springsteen looks great in traditional lived-in jeans. But the rest of us may opt for something jazzier this season. Look for these new details:

Slim-legged jeans in wallpaper patterns—splashed with oversize cabbage roses or delicate blossoms; super-skinny stretch jeans with stirrups.

Rhinestones, lace and fabric appliqués, hip huggers; exposed-button flies that recall the sixties. More glitter: white studs, grommets, random buttons and sequins that add decorative dash.

Colors such as hot pink, orange, turquoise . . . pale pastels . . . or new-look neutrals such as gray, khaki and cinnamon. Soft bleached fabrics, such as light chambray, even laundered sheeting—just the thing for sticky summer weather.


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ON THE SET WITH "FAMILY TIES"

Behind the scenes with one of your favorite TV families—joking with Michael and really talking with Meredith

By Katherine Barrett & Richard Greene



Paul Drinkwater/NBC



Small wonder that teen idol Michael J. Fox should sigh. His TV mom—thirty-eight-year-old Meredith Baxter Birney, with her corn-silk blond hair and model's figure—is absentmindedly adjusting the top button of her blouse, and Michael has just cast a decidedly unfilial glance in her direction. He closes his eyes, clenches his fists in front of him and tries to get into the character of Alex with the whispered incantation "She's my mother, she's my mother, she's my mother."

It's the first day of rehearsal for the ninety-third episode of *Family Ties*. The living-room and kitchen sets are fully assembled—looking so familiar that it's hard to believe *(continued)*

Meredith with the cast members who play the Keaton family and (above) with her real-life husband, actor David Birney



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they don't belong to someone you know well. The third set on soundstage 24 at Paramount Studios, in Hollywood, has been arranged to look like a garage.

Michael Gross, who plays father Steven Keaton, sits at the kitchen table reading his lines, while Michael Fox, wearing an Adidas T-shirt, and Meredith, in jeans and long, dangly earrings, joke around on the garage set, their fingers intertwined. "Hey, what's this Oedipus thing?" quips Robert Costanzo, the veteran character actor who plays an auto-repair teacher in the episode.

Michael Fox, twenty-five years old next month, laughs. "Oedipus has been very, very good to me," he retorts, referring to his smash-hit movie, *Back to the Future*, in which he goes back in time and dates his mother as a girl.

"Quiet," yells the stage manager, a white-haired man named Andy McCullough. "We're working now."

In the scene being rehearsed, Alex and his mom, Elyse, are taking an auto-repair course. But there's a small problem. Meredith is to begin the scene lying under a jacked-up car. Michael Fox is concerned. "No way my mother's getting under there," he announces.

"If Meredith and I get under that car," jokes Costanzo, "that's four million dollars' worth of talent you're risking. She's three point nine million; I'm one hundred thousand."

While workers fiddle with the car, there's a break—the first of many during the day. At this early stage in the episode's development it seems that for every ten minutes of actual rehearsal there are twenty minutes during which the crew is dealing with technical problems. But everyone seems used to the delays. Fox—who is very up today, full of jokes and conversation—scoots around on the dolly used to slide his "mother" under the car. "I'm sort of the patron saint of skateboarding, you know," he says, referring to his skateboarding scenes in *Back to the Future*. In the meantime, Meredith, who is a vegetarian and a health food enthusiast, is munching on a rice cake.

All the while, there's a lot of movement. Workers place props in various locations—a starter engine here, a hubcap there—and the cast and crew wander around exchanging small talk and an occasional hug.

"We're just like a real family," says thirteen-year-old Tina Yothers, who plays the Keatons' youngest daughter, Jennifer. Her dressing room is decorated with pictures of the rest of the *Family Ties* cast. "I've been to other sets, and ours is the best because everybody gets along really well. We always have a good time while we're workin

"During rehearsals Michael Gr and I play this game we call tag," sa Tina. "Like if I walk over to him a I'm supposed to say the line 'Hi, D how are you doing?' I'll pat him on t arm, and then I'll move back. Th game never stops."

A mother's touch

Are the directors aware of these hi jinks? "Sometimes Michael makes obvious. Michael *always* makes it o vious." Tina rolls her eyes. "He's just big kid. Meredith is like a real moth You know how mothers feel your fo head to see if you have a temperatur She does that."

Feeling foreheads isn't the only w Meredith functions as a warm, mat nal influence on the set. "She yelled me when she saw me smoking," sa Marc Price, eighteen, who plays t maladroit teenager Skippy on the sho "She was very serious about how it's r right, and she scared me, so I stoppe

Meredith hasn't been as successful dissuading Michael Fox from smokin but not for lack of trying. And Micha who calls Meredith "Maresy Doats" in "Mares eat oats and does eat oats. . doesn't seem to mind one bit. "Becau it's so sincere and because it's so gen ine, you don't feel that you're bei harped at. You feel like she cares. H maternal instincts are *so* strong."

It's entirely possible that having real mother figure on the set encou ages the rest of the cast to work like real family. This show, in contrast many other hit programs, is not breeding ground for big egos and sma quarrels. There's no question in t cast's mind that Meredith sets the ton After all, when the show started fo years ago, she was the only name, t star. But she never put on airs. Now t cast almost has the feeling of a repe tory company. Each week, a differe actor is the focus of the show.

"Who are we kidding?" asks Micha Fox. "We are so lucky to be able to work like this that it doesn't mak sense to be petty about anything—create anything but a happy atmo phere. I think we've all followed Me edith's lead in that."

Later that day, we talked with Me edith over lunch in the Paramou commissary. And we found that sh the only member of the *Family Ties* ca who doesn't have nice things to s about Meredith Baxter Birney. C workers describe her as graciou classy, generous and caring. But whe pressed, the only adjectives Meredi can muster about herself are "inartic late" and "indecisive." From Meredith point of view, her TV character "probably nicer *(continued on page 3*



1 smaller than actual size of 14" in height

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FAMILY TIES

continued from page 34

ın I am, and much more patient." 3ut don't get the wrong impression. :redith Baxter Birney is not self-ob- sed or paranoid, wondering in the e hours of the night what people are ring about her. In fact, she seems un- ıcerned about what other people nk of her; she's not even terribly xious about her own career. "I've ver been very ambitious," she con- les. "I don't have great drive. I know agent regrets that."

The truth is, Meredith's equanimity ms from a wholehearted devotion to one thing she really thinks is im- rtant—her family. She likes and ad- res the crew on the *Family Ties* set, t they are just co-workers and the ow is just a job. When work ends, so es most of the cast's contact with redith. "You don't brunch at the Bir- ys' on Sunday," says Michael Fox.

The five children Meredith cares ost about are the ones she sees out- le work. Her children's ages closely rallel those of the *Family Ties* bunch. ere's nineteen-year-old Ted (now at rtmouth College), sixteen-year-old a, eleven-year-old Kate, and her twins, ter and Mollie, nineteen months. De- ite the similarities, there are impor- nt differences in the Birneys' home. r one thing, "Meredith is more old- shioned than Elyse," according to ichael Fox. In what ways? "There are sic rules about behavior and what's pected," says Meredith. "The kids' mework is done before anything se. . . . We don't have a lot of sweets in e house. We rarely have dessert." nd ironically, television-watching is scouraged. A few years back, her son d, joining his friends in trying to imi- te "The Fonz" (Henry Winkler's char- ter on *Happy Days*), was at a distinct sadvantage: He had never seen the aracter. "I don't think that's cultural privation," Meredith says. "It's just at television has never been a part of y kids' daily lives. After dinner, ey'll read or talk or play ball. The ed to turn on the set just isn't there."

Meredith is remarkably forthright, spite of a reputation for aloofness. By r own admission, she is a difficult rson to get to know. "I used to think myself as outgoing, and on a surface vel that might be true, but ultimately n not," she says, picking at her fruit lad. "I know it sounds terrible, but I n't have a lot of room for friends in y life. I'm very involved with my mily, and work automatically creates rtain constraints. I don't have time to out for coffee with people, or have nch or spend the afternoon playing nnis. I can't have those kinds of rela- tionships with people, so I just don't."

Judging from her background, you'd expect Meredith to be the ultimate Hollywood creation. She is the daughter of a TV mom (her mother, Whitney Blake, played Dorothy "Missy" Baxter to Shirley Booth's Hazel for four years in the early sixties), and she met her husband, actor David Birney, working on the short-lived sitcom *Bridget Loves Bernie*. She played the older sister on *Family* and ended up a TV mom herself.

But her long history in front of and around the TV camera has left her with few illusions. "I grew up surrounded by this business, so it didn't hold an awful lot of allure or mystery for me," she says. "When my first marriage dissolved, I was untrained in any other area. I didn't have any skills. I needed an income. I said, 'What do I do? Okay, Mom does this, so let's try it.' It was the family business. If they'd been in a lumber company, I'd probably be sawing two-by-fours now."

A lonely childhood

Actually, Meredith's childhood wasn't a particularly happy one. "It was tough. I wasn't very close to my mother," she says, an edge in her voice. "We didn't have a good relationship, though it's lovely now." In school, Meredith was a loner. "I was never Miss Popularity. I couldn't get into the social clubs when I wanted to, and by the time they got around to me, I wasn't interested. Sometimes you end up pushing people away first, so that you get the upper hand before they push you away.

"You know, I used to stand in front of my class and say, 'My mom's on television tonight'—as if that could garner me some friends or attention that I wasn't getting otherwise," she says, sounding somewhat annoyed with her younger self. "I was a jerk."

Because of these memories, she seems adamant about shielding her own children from the tinsel of tinseltown. "They used to come to tapings once in a while," she says. "But it's not something I want to promote. When I did *Family*, Eva came to the set. I was aware that she was watching while someone was touching up my makeup at the same time that someone was taking lint off my clothes and someone else was brushing my hair. There was all this attention . . . but she didn't see the work process. I was so conscious that this was terrible for her to be taking in."

Eva and Ted were four and six years old when their mother married David. Meredith admits the transition to a new family wasn't easy. "It was hard for David to jump in," she says. "It takes an incredible man to take on children who are not his own. Those instincts are not there *(continued on page 164)*



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ONEIDA

THE TURNING TIDES

This best-selling novelist chose to be the mother of eight and wouldn't have it any other way. Here, she tells you why

BY DANIELLE STEEL



In the '60s they thought I was drunk.



In the '70s they said I was irresponsible.



Now they think I'm so lucky.

How times have changed. Eighteen years ago, I stood on a street corner in New York, seven months pregnant, pigtails framing a childlike face, and a cabbie shrieked to a stop, sneering and shouting "What happened to you, sweetheart, ya get raped?" . . . and raced off again. Even though his words were coarse, his attitude was not that unusual. It was the late sixties, a time when it was no longer considered fashionable to have babies.

During the same pregnancy, two women literally stepped over me as I sat dizzily on a curb, obviously pregnant and light-headed. One said to the other, "She must be drunk." It was ten A.M., and I had morning sickness.

Pregnancy had become an almost alien condition. I fought for cabs, longed for seats on buses and carried armloads of groceries, wishing for a helping hand from anyone—man, woman or child. But the era of pregnancy as an appealing or even acceptable thing was over.

Delighted with the daughter who came into this world, regardless of all those negative opinions, I nonetheless took a long break from having babies. During the interim, I launched a career and spent ten years enjoying my work and being the mother of an only child.

But in the back of my head was always the longing for more children someday. Then someday came at last, and with it a second baby. My oldest child was ten years old, and zero population growth had become not only a fashion but almost a mandate. This time people did not step over me on street corners or accuse me of being drunk: They openly glared at me or made speeches about my lack of concern for the universe. Women were wearing IUDs as earrings, and everyone practically *hated* babies. There was nothing cute about my condition. *(continued)*

Andrea Baruffi


On the heat of the Moment,
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THE TURNING TIDES
continued

I was an irresponsible person. Strangers looked at me with disgust, and friends assured me that what I was doing would destroy any chance of success with my writing. What one could do with one child, one absolutely could *not* do with two. I almost felt as though I was expected to turn in my typewriter for good, and I seemed to be constantly apologizing and explaining. That was in the seventies, and none of my friends were having babies, nor did they ever intend to. Few of them had even gotten married, and my lifestyle and goals were considered an aberration by most of them.

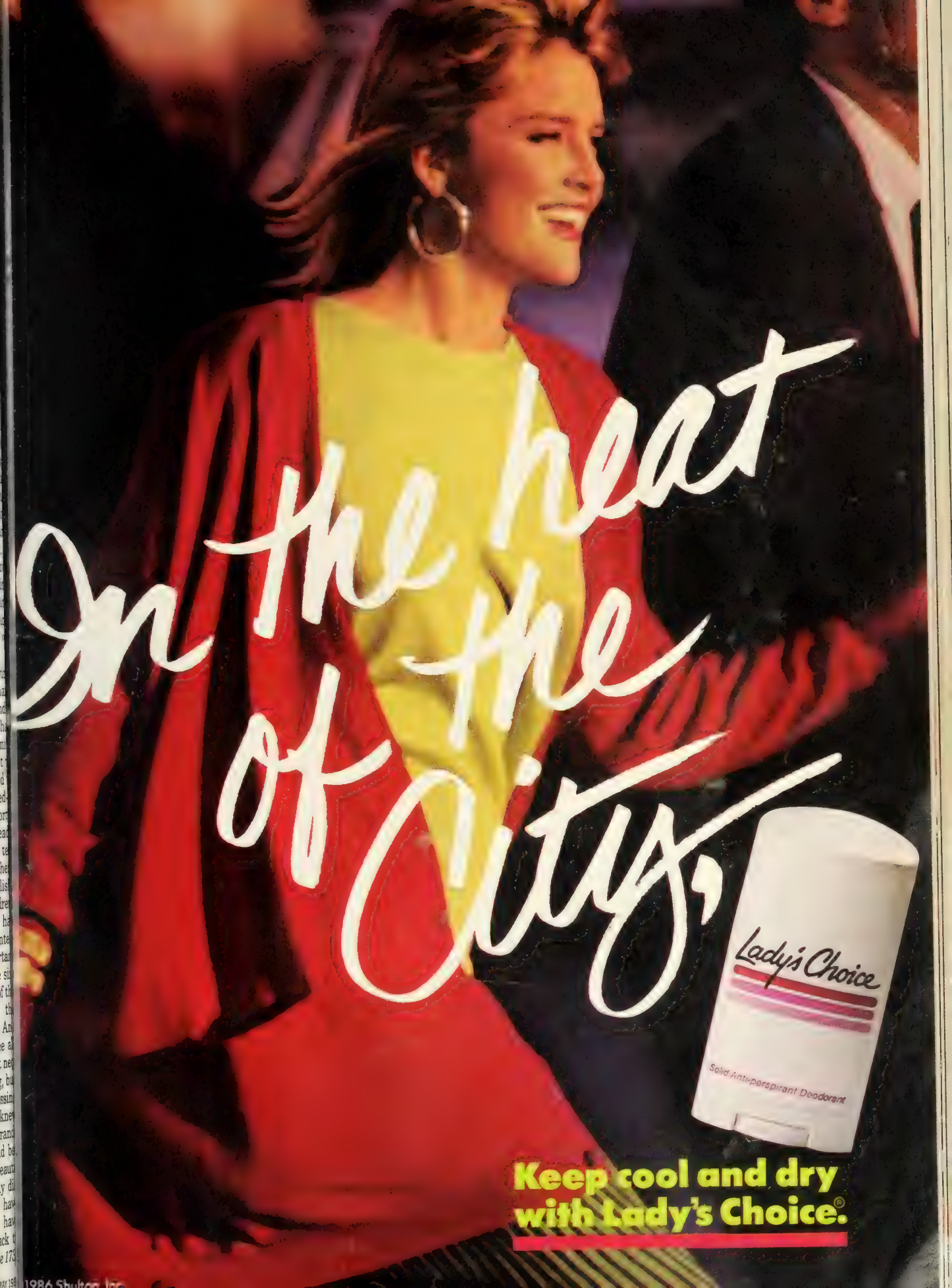
But when my third child came along, things were subtly changing. The eighties had dawned, and with them my friends—who had become doctors and lawyers and politicians, or just plain people—had begun to think about having babies. I heard a lot about something called a biological clock, and instead of Gloria Steinem, I kept hearing about Jane Fonda, who seemed to think it was all right to have babies, as long as you exercised like mad and looked as though you had never had any. Some of my friends had actually gotten married by then, several were trying to get pregnant, and many were discovering that it wasn't as easy as they had always thought it would be. They were standing on their heads after making love, taking their temperatures daily and seeing a great many doctors. So having a baby was okay. *A* baby. But a *third* baby? This news was met with much headshaking, but at least the outright anger had lost some of its fire. They didn't think I was *completely* crazy. There were the murmured cautions about my career again, all of which I half believed.

But to the daughter who was by the thirteen and the son who was three wa added a delicious baby girl who neithe disrupted my life nor my time at th typewriter. And a year and a half late came another baby girl. This time, ev eryone said I was losing my mind. Fou children! And two stepchildren by the as well, who meant every bit as much t me as my own, so that made six. *Si children!* Clearly, I was depraved. Bu interestingly, by the mid-1980s, peopl had stopped glaring in the streets a pregnant women, and it had becom okay again to lend a helping hand wit simple tasks like changing tires an moving furniture.

And then—oh, no! not again!—an other baby! She's delirious, she's ob viously a wild woman! Even I was be ginning to think so. But it was the fu fillment of a lifelong dream. As an onl child, I had longed for a big family, an my husband is the perfect husband an the perfect father to such a big brood. took me a long time to find him, bu when I did, suddenly all the jarrin notes became sweet music. I love bein his wife, having his children, sharin his life, being next to him when w wake up in the morning.

But I still found myself murmurin to a friend one day, "I know I can han dle six—but do you think I can handl seven?" She smiled at me. She ha grown up in a large Mormon fami and didn't think me crazy at all. But l then, my friends who had struggled have babies had finally succeeded- most of them, anyway—and at fort they were telling me what I alread knew at twenty. Having children is te rific! For hours I would listen to the talking about the amazing accomplis ments of their four-month-old childre Suddenly, in the eighties, babies ha become not only acceptable but inte esting, not to mention an Importa Obligation. So, the solecism of the si ties, which had become the crime of t seventies, had actually become t ideal of the eighties. Fascinating. An comforting. It was warming to see a these women willing to admit, not ne essarily that they had been wrong, b that maybe they had been missi something. What our parents kn forty years ago, and our great-gran parents a hundred years ago, had b come true for us again. And the beau of the eighties was that we really d have choices: It was okay to ha babies, and it was okay not to ha babies. Now women could go back work or stay *(continued on page 17*





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HOW TO HANDLE CRITICISM

Does a critical comment usually send you reeling? Learn how to take the sting out of those deadly verbal barbs

BY JODY GAYLIN

When Jane and Bill, a couple in their mid-thirties, invited four of their friends to dinner, Jane spent all Saturday preparing an elaborate meal. After dessert was served, one of the guests complimented Jane on her cooking. Before she could say thank you, however, Bill cut in sarcastically, "It's the first good meal *I've* had around here in months. Ever since Jane went back to work, it's been TV dinners or frozen pizzas day after day. I was afraid she'd forgotten *how* to cook."

Later that evening after the guests were gone, Jane confronted her husband. "Don't you know how humiliating your remark was? If you're unhappy, wouldn't it have been better to say something to me privately instead of waiting for an audience? Maybe you should do some cooking yourself." Thus, what might have been a lovely evening came to an unhappy ending as the husband and wife stormed off to spend the night in separate bedrooms.

Did you see what your Suzie did to my Johnny? Can't you control that child?

Taking criticism from a spouse, friend, boss or colleague is difficult for almost everyone. No matter how well we try to handle it, we experience the critical remark as an assault on our self-image. As Suzanne C. Thompson, Ph.D., a social psychologist at Pomona College, in California, explains, "A good part of our image of ourselves, the face we present, comes from feedback from others. It can be devastating to find out that someone sees you negatively." Yet no matter how justified—or unjustified—the critical comment, there are methods we can use to deal with these prickly situations and still emerge with our self-esteem intact.

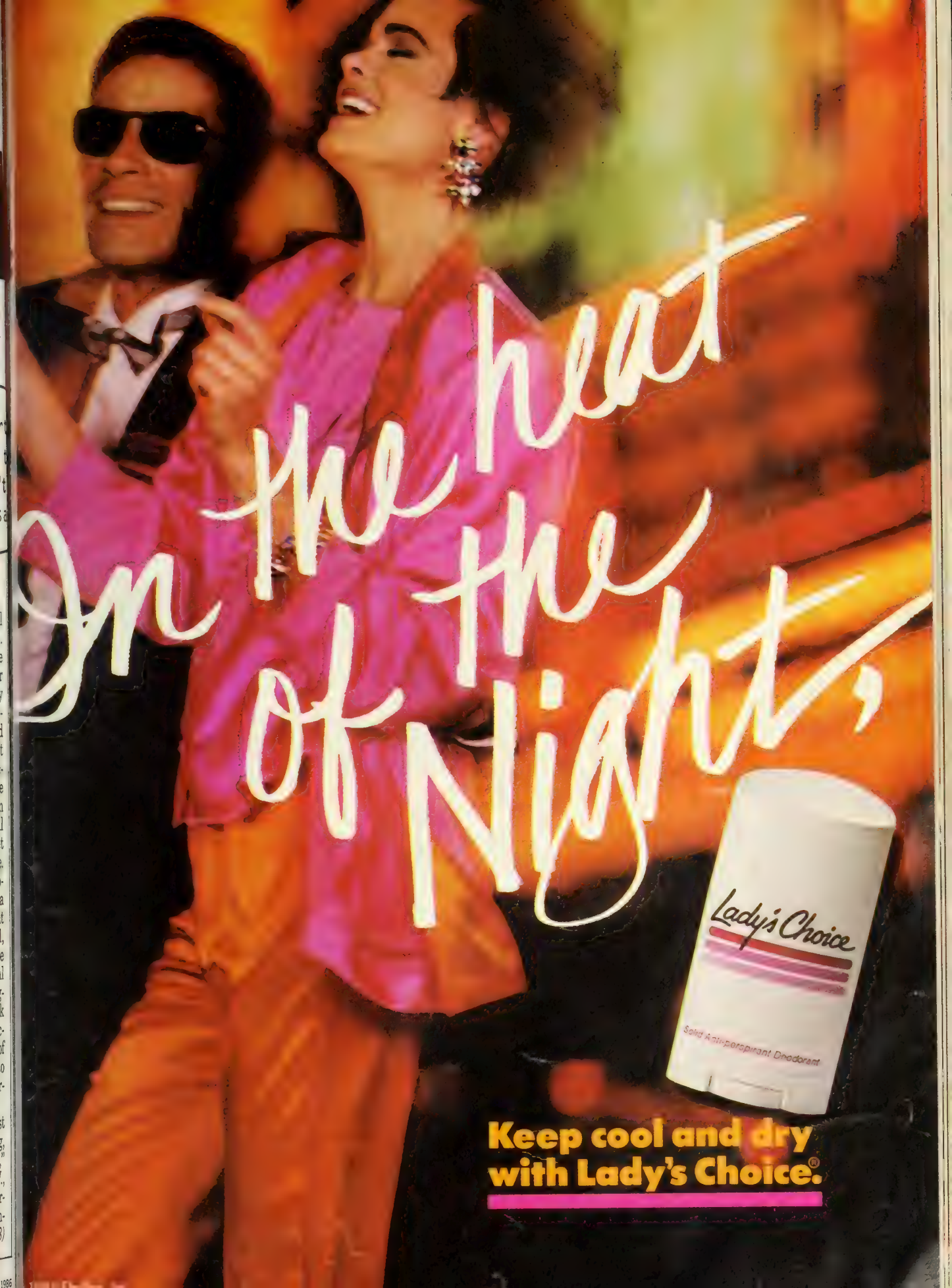
Part of the reason we take criticism so seriously and so personally, says psychologist Judith Clementson-Mohr, Ph.D., director of the Psychological Services Center at Purdue University, in West Lafayette, Indiana, is that "it is relatively rare in our culture to express our feelings bluntly, so when direct criticism does come our way, we tend to think, If she is saying this to me, it must be a disaster or she would not have bothered." Women are also much more likely than men to take criticism as a personal attack. A woman whose report is criticized by her supervisor is apt to feel, "I am so stupid. I can't do the job." But a man, on hearing the same type of comments, is likely to think that his work this time just was not up to par—without feeling at all devastated about himself in general.

These report will all have t retyped. Didn't hear what I sa

The way men and women are raised has a lot to do with their different responses. From early on, girls are more sensitive socially than boys, more concerned with how others see them. Boys not only tend to be more goal- or action-oriented, but they also become accustomed to criticism through team sports. Unfortunately, until recently, many women didn't get this kind of toughening experience.

"I pride myself on being professional," says Margaret, a thirty-six-year-old researcher at a large metropolitan hospital, "but I've always had a hard time taking criticism. The rational side of me understands that negative comments about my work are often justified and constructive, but the emotional part of me has a hard time listening to criticism. I tend to feel vulnerable and threatened."

"Women are socialized, almost trained, to respond in a feeling, rather than a thinking, way," says Tommie Parker, M.S.W., a family therapist at the University of Nebraska Medical Center, in *(continued on page 48)*


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HOW TO HANDLE CRITICISM

continued from page 44

Omaha. "Yet the more emotion a woman infuses into the situation, the more difficult it becomes for her to react rationally," he says.

To add insult to injury, the critical comment usually takes us by surprise. We feel flustered and may even react physically, by blushing, sweating, stammering, getting angry, bursting into tears or feeling sick.

Nancy, for example, a thirty-seven-year-old mother, says, "When my husband criticizes me, I get physically uncomfortable. I feel flushed and agitated, and I can't think. Instead of coolly assessing what he is saying, I get angry and defensive. Some of our biggest fights occur right after he tells me I'm doing something wrong, even though at times I know he's right."

The discomfort of being criticized can be so excruciating for some women, notes Judith Clementson-Mohr, that "they develop ways to let people know they will be devastated by negative comments, signaling, 'Don't criticize me. If you do, I'll crumble.'" Some typical ways include smiling a lot, apologizing constantly, redirecting the conversation, being overly compliant, bursting into tears or retreating into wounded silence. These techniques either disarm the potential critic or make it so unpleasant for him that he hesitates to say anything else.

Other women allow the criticism to be made but react in such a defensive manner that they overwhelm their opponent. Defensive maneuvers include attacking the critic or makin elaborate excuses to justify the crit icized behavior. The woman who react defensively may feel she is doing a goo job of protecting herself, but in realit she is cutting off the dialogue an pushing the other person away. "Defer siveness limits our interaction wit other people," says Clementson-Moh "It is not assertive behavior, but a proc uct of low self-esteem."

Social conditioning creates adde difficulties for women in handling crit icism, but the way we were criticized a children may also be partly to blam for how we handle it as adults. Parent often use criticism unconstructively choosing unpleasant images—"too fat, "too short" or "too slow"—that a chil incorporates into her self-image This engenders low self-esteem and heightened sensitivity to criticism. A Carlfred Broderick, Ph.D., director o the marriage and family therapy pro gram at the University of Southern Ca ifornia, points out, "It is particularl hard to take criticism as adults if w received lots of it as kids, when w couldn't resist or defend ourselves."

Even if you realize your critic has point, it can be difficult to give in grace fully. "My husband has problems wit the way I get things done—or don't ge them done, as he puts it," says Pa thirty-five. "I've been thinking abou going back to work, but the more h complains about how slow I am i getting a resumé together, the more drag my heels. I know that's a babyis response, but I can't help it. It eventu ally becomes a power struggle. Eve when I know he's right, I won't give i and admit I am wrong. I can't lose face."

Still more wounding than the crit ical remarks we feel are justified ar the barbs that seem to come out of lef field. Broderick believes that a certai amount of unjustified criticism arise when you don't live up to a fantasy th other person has created.

For example, a husband who is upse because he thinks his wife ignores hi when he's sick may have been raised b a mother who put Florence Night ingale to shame. Because his wif doesn't measure up, he criticizes he behavior. But there really isn't any thing lacking in his wife; it is his expec tation of how she should behave that the problem. Chances are this expecta tion wasn't communicated to her in th first place; he himself may not hav been aware of it until she didn't meet i "We all bring a host of unexamined ex pectations to every relationship," say Broderick. "And when they aren't me we criticize."

Broderick also points out tha cultural differences are frequently a the heart of *(continued on page 181*



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Nutrition Insurance Update — No. 2:

NEED TO REBALANCE UNBALANCED MEALS AFFECTS MILLIONS OF WORKING WOMEN.

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A USDA Survey shows that, from foods they eat, millions of Americans are not satisfying completely their vitamin and mineral needs. Among them are many working women. The reasons why vary. These include:

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- Working women are concerned about being overweight — consuming less than 1800 calories a day makes it hard to get the vitamins and minerals one really needs.
- Working women spend less time in the kitchen, less time shopping for food — for them, convenience may be a more important criterion in food selection than nutrition.

To make up for these limitations to a well-balanced diet, nutritionists suggest a few sensible steps for working women to take:

- Check the labels of food products on grocers' shelves. The labels provide information about the vitamins and minerals within each product. Nutrients that can help maintain good health.
- Minimize vitamin loss by cooking vegetables in as little water as possible. Also, avoid overcooking foods, or storing them too long.
- Most important: Eat a variety of foods from the traditional four food groups — fruits and vegetables; grain products; meat, poultry, fish and legumes; and milk and milk products.

In addition, working women should consider rebalancing unbalanced meals with a vitamin/mineral supplement, such as Unicap M. This will help provide good insurance for proper nutrition...so important for women who want to maintain optimal health.

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CALLANETICS

Amazing new way to flatten your stomach fast

By Callan Pinckney

If you've been hoping that someone would invent a no-fail exercise plan that would flatten your stomach in a flash *without* dieting, your prayers have been answered. In fact, you can do it in as little as ten hours. Callanetics, named after me, is the miraculous new shape-up system that activates the deepest and largest muscles, which are the source of a good figure. Because one hour of Callanetics is equal to seven hours of more conventional exercise, one hour of these stomach strengtheners twice a week will get spectacular results. At the very beginning, you might want to spread out the first hour over four days in fifteen-minute segments. Once you *(continued)*

1a



Ross Whitaker

To start Lie on floor, relaxing entire body. Bend knees, with arms at your side. With head and shoulders on floor, grab inner thighs and raise elbows up and out to stretch between shoulder blades. Keep small of back pressed to floor. Feet should be three to five inches apart. **1a** Pulling on your inner thighs, round upward from under bust and raise head and shoulders off the floor as shown. Continue pressing small of the back to floor. **1b** Release your hands and raise your arms parallel with thighs as shown. Don't let head and shoulders fall back to floor. Now lift arms, shoulders and head as one unit half an inch farther from floor. Move upper torso up and back in very slow motion, a half inch in each direction. Aim for 75 your first few sessions, but stop when you feel you must. Gently roll body down to floor and rest. Then repeat beginning steps and continue till you reach 75. As you feel stronger, work up to a count of 100. ▶

1b



From CALLANETICS: 10 YEARS YOUNGER IN 10 HOURS, by Callan Pinckney. Copyright © 1984 by Callan Pinckney, Reprinted by arrangement with William Morrow & Co., Inc.

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Roy Morsch

Here are Callan Pinckney and her seventy-six-year-old mom. They're proof positive of how well this system can work for you.

(continued) **have achieved your perfect new figure, your exercise time for maintenance can be reduced to one hour once a week.**

These exercises will seem a bit unusual at first. You may not feel the contractions in your stomach muscles at all because you are concentrating on the tightness in your neck or across your shoulder blades. But this upper-body tension should lessen considerably after the first few hours.

As you go through the exercises, remember to keep each movement gentle and small. Move no more than an inch in any direction. Your head, shoulders and upper torso should act as a unit. Do not rock your body back and forth or tighten your behind. Try to keep your body totally relaxed; breathe naturally, exhaling as you pull up. And, as with any exercise program, check with your doctor before you begin.

These powerful exercises are not simple to do, but I guarantee that a dose of self-discipline mixed with an ounce of stick-to-itiveness will get you the waistline and torso you've always dreamed of having.

2a



Lie on floor, legs straight and together. From that position, raise right leg toward ceiling and lift left leg a foot off floor. Grab back of right knee with both hands, round elbows outward and up toward ceiling, and pull head and shoulders up to knee as high as you can. Keep small of back pushed into floor and do not point toes or tighten legs.

2b



When you can't bring head and shoulders any higher, release hands and stretch arms toward right foot. Move upper torso up and back a half inch in very slow motion. Do 75 times, resting when necessary. Work up to 100 sets. If you feel your lower back working, put left foot on floor and bend knee. Switch legs and repeat the entire cycle.

3a



Lie on floor with both legs in air. Grab outer thighs with hands and, rounding shoulders and elbows out, pull head and shoulders up toward knees as shown. Lift as high as possible, with lower back pushed into floor. (When lying on back, bend your knees before straightening legs upward so as not to exert too much pressure on lower back.)

3b



Let go of legs and stretch hands and arms toward toes. Don't let head and shoulders fall back to floor. Gently move upper body up and back a half inch to an inch for a count of 75. Work up to a count of 100. If you have weak legs, bend knees slightly. Eventually, try to lower legs by 5-degree increments to build extra strength.

Ross Whitaker



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HILLSHIRE FARM AND RICE-A-RONI SAUTÉ

- 1½ lbs **Hillshire Farm Smoked Sausage** (any variety)
- Tb butter or margarine
- cup onion wedges
- 1½ cups green pepper slices
- ½ cup red pepper slices
- 1 pkg (7¼ oz) **Rice-A-Roni Rice Pilaf**
- 2 cups water

e sausage into 3-inch sections and brown in a large ng pan with butter; remove from pan. Add onions and pers; sauté until tender; remove from pan. Add rice-caroni from Rice-A-Roni and sauté until golden in color. in water and contents of flavor packet. Heat to boiling; er, reduce heat and simmer 30 minutes. Last 5 minutes ooking, return sausage and pepper mixture to pan.

kes 6 (1 cup) servings.

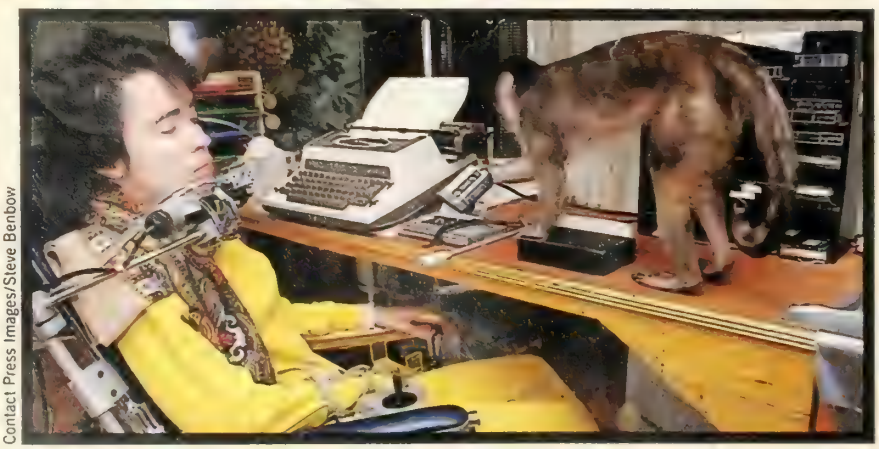




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A VERY SPECIAL LOVE STORY





Contact Press Images/Steve Benbow

When Sue Strong became paralyzed from the shoulders down, her independence and many of life's everyday freedoms seemed lost to her forever. Who would have guessed that a furry six-pound bundle of energy could help her win them back?

By Diane Salvatore



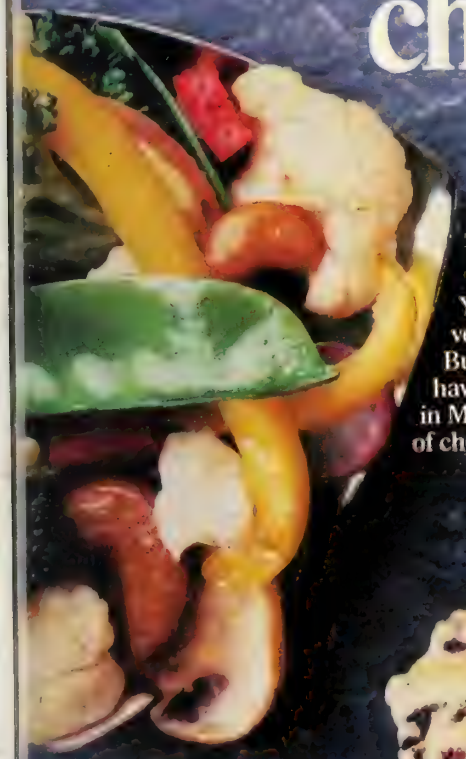
It should have been the start of a wonderful adventure, perhaps the start of a whole new life. Sue Strong, twenty-two years old, was headed to California with her boyfriend of five years and a mutual friend. The three had rented a van for their cross-country drive and had gotten an early start out of New York one morning in September 1971. Sue, who had recently received her master's degree in library science, was enjoying a five-week vacation from her job at the New York Public Library. Her boyfriend was moving to California; she was going along to help him settle in and to investigate job opportunities for herself with the idea that she would join him later. An art lover *(continued)*

No mere monkey business: Sue, above, with Henrietta, her helper monkey, who comes close for a snuggle and, left, deftly inserts a tape cassette.

Nothing on this page can add cholesterol to your diet.

ts of folks
lieve french
es have
olesterol. Some
nch fries do. But when you
potatoes in Mazola,® they have
solutely no cholesterol.
matter how hard you fry.

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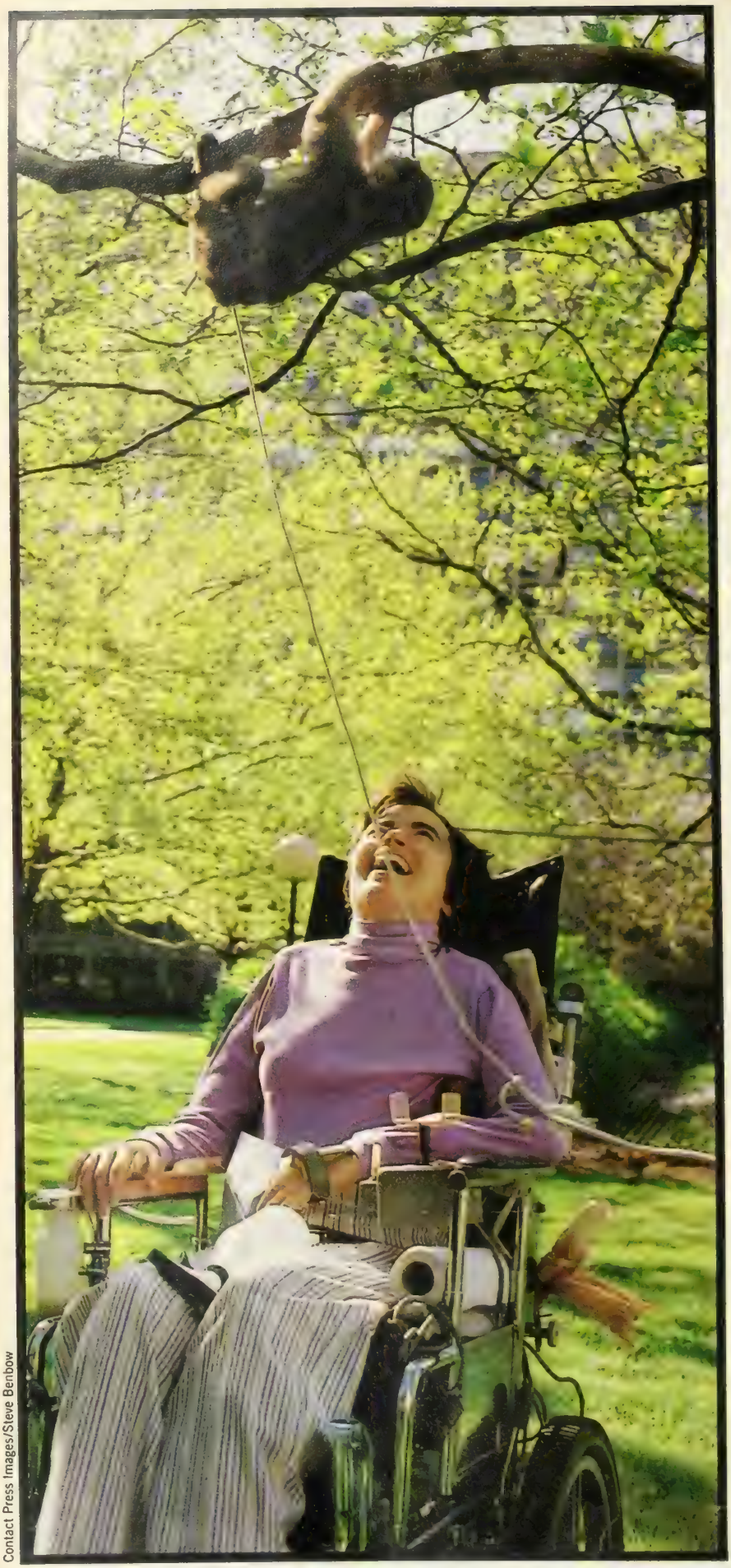


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(continued) with a sharp mind, quick wit and lots of ambition, Sue was excited about seeing the West Coast and about all the possibilities awaiting her.

The three friends had gotten only as far as Pennsylvania, however, when suddenly the van's steering mechanism snapped. Sue, who was asleep, never knew that the van veered off the turnpike and flipped over. All she knew was that when she came to, she was groggily agreeing to a tracheotomy in a hospital emergency room and telling doctors to be gentle in breaking the news of the accident to her parents.

Her boyfriend and the other young man walked away from the wreck with only superficial cuts, but Sue was not so lucky. Her fourth and fifth vertebrae had been twisted, squeezing her spinal cord in such a way that she was permanently paralyzed from the shoulders down. Not only did her dreams of a career, marriage and children have to be abandoned but Sue soon discovered she had become a prisoner in her own body. From that moment on, even a task as simple as pouring a glass of water was beyond her capabilities. *(continued)*

Henrietta helps out by combing Sue's hair and feeding her (above), but their relationship is far from being all work and no play. On warm days (left) Sue and the monkey get back to nature in one of Manhattan's parks.

Contact Press Images/Steve Benbow

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ings: 8 mg. "tar", 0.5 mg nicotine av. per cigarette, FTC Report Feb. '85.

It's lunchtime in Sue Strong's apartment, and Henrietta is busy fussing over her employer's sandwich and juice. She serves it to Sue in her favorite spot, in front of a window overlooking busy Manhattan streets twelve stories below. When lunch is over, Henrietta pops a music cassette into the tape recorder, brings Sue a magazine and turns up the lights so she can read more comfortably. Before leaving Sue to relax, she carefully combs her boss's short brown hair, because Sue is expecting company later.

Henrietta—or Henry, as Sue affectionately calls her—is not a live-in nurse. Henry, in fact, has a hankering for bananas, a tendency to hang upside down by her long, furry tail, and a very expressive, tennis-ball-sized face. That's because Henry is a lithe and lively six-pound capuchin monkey (the kind organ grinders work with), and she has been specially trained to be Sue's helpmate for life, much the same way a Seeing Eye dog is trained to be an aide to the blind.

"I suppose you could say we have a love relationship," says thirty-seven-year-old Sue. "Henry is one third working animal, one third friend, one third child. She is responsible for making this apartment my home, not just a place to live."

As a graduate of a unique experimental program—the Capuchin Monkey Project, headed by Mary Joan Willard, Ed.D., at Albert Einstein College of Medicine, in the Bronx, New York—Henry has been able to give Sue back some of the independence she enjoyed before her accident. Sue, like more than a hundred thousand other quadriplegics across the country, is unable to turn on a light by herself or do most things that able-bodied people take for granted. Before Henry came to live with her, Sue's afternoons had to be mapped out in the early morning before one of her part-time aides left for the day—lights turned on or off, stereo playing or left silent, an unwrapped sandwich propped up on her special food dispenser, poised for biting. It was a life bereft of options or spontaneity.

"But now, with Henry here," says Sue, watching the monkey carefully groom herself, "I can eat what I want when I want to, I can drink what I want as often as I want, I can switch books, I can turn lights on or off."

Small achievements for most of us, perhaps, but not for a quadriplegic; regaining some autonomy can buy a invaluable amount of dignity. Wha more, having Henry along on outin (an aide accompanies Sue, and Henr leashed, perches on the aide's shou ders) has ended some of the isolatic Sue used to endure. "When I was fir in a wheelchair," Sue says, "people we always staring looking away. Wit Henry, I have amu ing and pleasant e counters instead. Pe ple tend to forg about my situation b cause they're so ove whelmed with cur osity about Henry The lack of this sir ple human comm nication so torture two wheelchai bound friends of Sue —neither of who had helper monkey like Henry—that the were driven to suicid (One starved himse the other enlisted th help of an able-bo ied sympathizer.)

One would thin that it was an anim lover and someor long attuned to th needs of the hand capped who env sioned the monke project. But Willar was neither when th idea for her pionee ing project first cam to her, back in 197 Now a psychologi and assistant profe sor of rehabilitativ medicine at Albe Einstein, she ha been working par time for the noted b havioral psychologi B. F. Skinner in Bo ton when she b friended a youn quadriplegic. Move by his situation an aware of his boredom, Willard worked ou a plan to train monkeys to be the hanc and feet of the severely disabled.

The project was slow in gettin off the ground. Willard, who had neve done any animal training, not only ha difficulty finding appropriate monkey but also had trouble getting funding f her research. Two years and thirty eight rejections later, she finally r

Why make pork with a dash of spice?



ved a grant and placed her first mon-
, Hellion, with Robert Foster, a twen-
five-year-old quadriplegic in Water-
vn, Massachusetts, in 1979. (The
nkey project is currently funded by
e Veterans Administration and Na-
nal Medical Enterprises.)
Today Willard gets so many hun-
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Sue was one of the
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imal," Sue says.
ut I wouldn't call
nry owned. She has
ite a strong per-
nality. We cohabit."
Winning the trust
Henry and her
ainers was no sim-
e matter, however.
Villard sent one of
r people down to
terview me," Sue
calls. "It was like being accepted as an
loptive parent. They wanted to be sure
was a decent home, that there weren't
y priceless furnishings, because you'd
ver keep your antique vases all in one
ece with a monkey around."
Sue fit all of Willard's requirements,
rhaps the most important being that
ide from trips to the supermarket
d occasional excursions to art mu-
seums or Broadway shows, Sue spends a good deal of her time in her four-room apartment. She is confined to a motorized wheelchair, and her legs, wasted and slight under slacks, are stretched out in front of her on the chair's leg rest. Sue can move only her head and her right forearm just enough to control the lever that drives the chair across the polished wood floors. She has a shoulder-high worktable on wheels, on which she keeps a typewriter (she types by punching the keys with a stick she holds in her mouth), a rack of cassette tapes, magazines, and special trays that enable Henry to prop up sandwiches and juice for Sue to eat and drink.

Sue has been trapped inside her body this way for nearly fifteen years. During the first few weeks after her accident, "doctors kept telling my family I would die," Sue recalls. She battled near-fatal pneumonia and bedsores so severe her bones protruded through her skin. She was eating so little that her weight dropped below one hundred pounds. The cause was more psychological than physical, however. "At the time," Sue says, "I felt it would have been better not to have survived."

For six years, Sue lived at Goldwater Memorial Hospital, in New York City, a facility for those requiring long-term care. Her days were mainly spent fighting depression. "By the time I was well enough to be bored," Sue says, "I started to realize how much I couldn't do. I told my boyfriend he should go on ahead to California and find another girlfriend."

In 1977, after money from a suit against the van company came through, Sue left Goldwater on a weekend pass and never went back. Her older sister had secured her an apartment in a wheelchair-accessible building and helped her move in. The money enabled Sue to employ part-time aides, who are responsible for lifting her out of bed and into her wheelchair in the morning, bathing her, dressing her, cooking for her and exercising the muscles in her nonfunctional limbs, "so that I don't curl up into a little ball," Sue says good-naturedly. One of the aides must also stay with Sue overnight to keep watch on the respirator that she needs to help her breathe at night.

Still, even with aides around to tackle the big chores, Sue used to face the daytime hours alone, unable to do anything for herself. Before *(continued)*

When you can go whole hog.



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Henry came, this was a very lonely stretch of time. But for the three and a half years that Henry has been living with Sue, all that has changed. When not helping Sue with some task, Henry will amuse them both by trying to peek into neighbors' windows, throwing kisses at herself in the mirror, trying to steal Sue's mail or drawing pictures on a pad. ("They're not good enough to put up on the refrigerator," Sue says, smiling.) And at the end of the day, when Sue goes to sleep in her bedroom, she needs only to say, "Cage, Henry," and the monkey ambles back into her roomy enclosure by the window, slamming shut the door that locks her in for the night.

Henry's breed—the capuchin—was chosen by Willard for its intelligence, small size and relatively low-key temperament. Like most capuchins, Henry is loving and fiercely loyal to members of her troupe, which includes Sue, Sue's family and the part-time aides. But monkeys are often suspicious of and sometimes even hostile toward strangers. In fact, until Henry knew Sue well enough, Sue was advised not to smile at her, because to monkeys, bared teeth are a sign of aggression.

Trained capuchins, however, are probably less destructive than the average child, although Henry has broken a bowl and drawn on Sue's walls with pencils. "And like mothers with eyes in the back of their head," Sue says, "if it gets too quiet, I say, 'Henry, stop whatever you're doing.' " In fact, the price Willard had to pay for working with such intelligent animals is that they are clever enough to be truly mischievous.

For example, when Henry first came to live with Sue, the monkey would race around flipping lights on and off and retrieving small objects—without instructions from Sue. Much to Willard's distress, Sue continued to reward Henry "because," says Willard, "Sue just couldn't hurt Henry's feelings. It took a while to break Henry of this." But she still hasn't been completely broken: When Henry sees Sue reading, she dims the lights, knowing that Sue will have to ask her to turn them back up—and then give her a reward.

"A lot of comedy would go out of the house without Henry," Sue says. Among Henry's favorite pastimes are car rides with Sue (an aide does the driving and Henry gets to hand money to tollbooth attendants). She also enjoys roughhousing with aides or visitors—playing tag, tickling vulnerable ankles, unlacing sneakers, indulging in pillow fights and raiding pocketbooks in search of sweet-smelling items.

The relationship is clearly happy and lively, but at its core, it's a practical one. To turn a capuchin monkey into an indispensable helper, Willard's project brought together behavioral science and advanced technology. The result is that Sue's wheelchair has been rigged with a device that enables Sue—by using her chin—to point a red laser dot at any object in the room. Henry learned, after six months of patient training by Willard and her staff, to respond by performing the appropriate task such as opening or closing a door, or taking a plastic container of soda from the refrigerator and placing a straw in it. (Helen, Robert Foster's monkey, even operates a Dustbuster and a toaster oven.) Each time a task is performed successfully, Henry is rewarded with a sip of strawberry juice that Sue releases by blowing into a tube leading to a container at her side. And if Sue is slow in giving Henry her reward, the monkey impatiently pushes the straw in front of Sue's lips.

With all this, Henry gets up to the course of a day it's hard for Sue to find time to brood. "Henry's definitely a diversion," Sue says, "especially on bad days—although I hardly ever cry anymore. I've all cried out. It took ages to come to grips with the fact that I wasn't ever going to get better. Yet there are still times when I stare at my fingers and wonder what it would be like to watch them move or to be able to turn over

Make chicken a touch more interesting...



l by myself at night. But you have to go of the memory of yourself the way u used to be, because you're never ng to be that way again. You begin focus on positive things you still ve—the fact that I can talk, see, nk. And I'm not unique. There are usands who have been through what I ve and worse."

While we're talk-, Sue is constantly are of Henry's ereabouts. If she nders too far out of ht, Sue calls her k. And when the versation returns the subject of the nkey, Sue is decid-y more relaxed and mated. "Animals general raise mor-," Sue says. "Peo-relate more open-to animals, be-se it's not a judg-ntal relationship. ey feel freer to ex-ss themselves."

Using Sue as a ba-meter, the program ears to be a huge cess—so much so t Sue says she uld not replace ary, even with a ot that would out-p her usefulness. think about in-ding it," she says, t I wouldn't get of Henry. I don't e machines," she is firmly. "When suffer an injury e mine, you end being saddled h machines for-r, and they all ak down." Henry, the other hand, is ually thoroughly able," Sue says. What is perhaps re important is t Henry has be-come an integral part of Sue's household, if not a major unifying force. Sue jokingly complains that these days, when her father comes to visit, it's really Henry he comes to see. And later, when Sue's older sister comes by to pick Sue up for dinner, she breezes past Sue and goes directly to Henry, who is happily cooing and clicking at her arrival. "It's just like when relatives come to visit," Sue's sister says, laughing. "They go right past the mother to say hello to the kids first."

Sue doesn't like to think about life without Henry. But should she outlive Henry, who, at seventeen, is now middle-aged for a capuchin, Sue says she would replace her. And while Sue doesn't have to worry about parting from Henry yet, she does vividly recall their first short separation, when Sue took a two-week summer vacation. Henry stayed at the lab with Willard, who says that Henry paced, lost weight and tore at her fur. "When I got back," Sue says, "we had a reunion to rival anything in the movies. Henry just went out of her mind with joy. She was hugging my head and chattering away for about three hours. Everyone said she was talking about how horrible it was when I was away."

Normally, though, Henry shows her affection in a quieter fashion. "She'll sit on my lap," Sue says, "and groom my arms and my toes in a very friendly way." When Henry is this near, Sue can move her right arm over just enough to rest it on the monkey's little body. "Henry views affection the way a psychologically healthy person would," Sue explains. "That is, when you give it, you usually get it back." **End**

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VICE GUYS FINISH FIRST

A rare interview with Don Johnso television's sexiest new star

By Susan Price

Don Johnson is the h boy women go for ev though they know th should know better. is surely this gene tion's James Dean—a re with a devilish smile and three-day growth of bea whose rugged good looks h turned him into a sex sy bol overnight.

With *Miami Vice* con tently among the top-ra television shows, Don Jo son is hotter than the F ida sun. Wherever he g crowds follow, sometimes coming so large that D bodyguard has to fight off boss's overeager fans. Wh Don goes to Miami Dolph games, NBC sneaks him i its broadcast booth so won't be mobbed.

"I made up my mind a l time ago that I wasn't go to become a prisoner of fame," he says, relaxing in trailer on the Miami se *Vice*. "To a certain *(continu*

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The Solution for Morning Eyes

DON JOHNSON
continued

extent, I've accomplished my goal, but not totally. It's a weird sort of exile here in paradise. I feel like I'm on a work furlough—that's what they call it in prison when they let you out to work during the day and you have to come back and sleep in jail at night," he says with a laugh.

Don's ninety-hour-a-week production schedule has already taken its toll on his five-year relationship with actress Patti D'Arbanville, mother of his three-year-old son, Jesse. With Don's approval, Patti decided to leave last year to pursue her career in Hollywood. They share custody of Jesse, who spends time on each coast. "Patti and I have defined an undefined relationship and have decided for now, at least, that we are going to see other people," Don says. "We love each other very much, but we also have other lives. Patti still visits occasionally, so in a way, nothing has changed except a mind-set. She's the mother of my son and if not my best friend, damned sure one of them."

Now that they've agreed to see others, does Don have *time* to go out with anyone else? "Or if I did, would I have the energy? That's the real issue, isn't it?" Laughter breaks the tension. And then something unexpected happens: Tough-guy Don Johnson's cheeks begin to turn red. "I haven't blushed since I was in the eighth grade," he admits.

Even before *Miami Vice* made him a national heartthrob, Don, who gives his age as thirty-six, had quite a reputation as a ladies' man.

"In those days, I had a lot of time on my hands, so I had to do *something*," he says, flashing a killer grin that's even more magnetic in person than on television. "I've never had a preference for any one type of woman—blond or redhead, older or younger—I like them all. It's a well-known fact that I'm compulsive."

But a number of things have changed for Don in the last couple of years. He has a hit show, he's become a father, and he's kicked drugs, alcohol and even cigarettes—cold turkey. "If I want to do something, it's easier just to do it and get it done.

"My son has made me realize how crucial each moment in life is and how important it is not to become so success-oriented and win-conscious and self-involved that you can't share with everybody around you, to be poetic about the way you live. Putting that into practice is a whole other deal, though."

Party time

Before Jesse came into the picture, life was one big party for Don and Patti, with plenty of alcohol and drugs to keep the good times rolling. "Mr. and Mrs. Fun—that was us," says Don wryly. "We w so messed up, and we didn't even re ize it." He can remember waking with bruises and cuts and a swollen and having little memory of how he them. "It's amazing I lived through he says. "I wrecked half a dozen c and when I say I wrecked them, I m I *wrecked* them. I rolled them, flip them and walked away withou scratch. I guess you can't kill what don't feel."

Don continued to drink even after mother, whom he describes as an a holic, died in 1975. "The doctors tributed her death to cancer, bu really think it was alcohol that ki her," he says. "She was one of th funny drunks like I was. We were fun up to a point, but then we'd bec bitter and angry and mean—not lent, but razor-tongued."

Patti decided to straighten out life long before Don did. She joined coholics Anonymous when she bec pregnant with Jesse, in 1982, but unable to convince Don to go with "She didn't force the issue—she more subtle," he remembers. "She left the book from Alcoholics An mous lying on my side of the be whenever I came rolling in at thr the morning, I had to pick it up move it before I could get into bed.

zer Inc.



on still resisted going to an AA ting for more than a year. Finally, as the look on his ten-month-old s face that convinced him he had a lem. "I came moseying in one ning around ten o'clock, still fairly ed, squinting against the sunlight, there's Jesse looking up at me as if y, 'Wow, who is this mess in front of ' It doesn't take a genius to realize your values are screwed up when ething like that happens."

hen Don finally went to his first meeting, he was deeply moved by feeling of hope he got from others ing their problems, fears and tri- hs. "The extraordinary thing is you see everybody is just like you," emembers. "An alcoholic thinks he e most special person in the world, his problem is unique. But you're special at all. You're just the victim disease."

ow that he has been on the wagon more than two and a half years, he ever feel the urge to return to self-destructive ways? "Every day!" ays, bursting out with a deep-down, tious, seen-it-all laugh. "Some- recently asked me, 'Don't you ever feel like getting good and drunk jumping up on the bar and pulling pants down and shaking your ?' and I said, 'Every day!'"

Although he's open about those years, he wants to put them all behind him. "I was bored doing it, and I'm bored talking about it. If I hear one more confession from an actor about drugs and alcohol—including my own—I'm going to throw up," he says.

Now that he has Jesse, though, it's hard to imagine Don's life being boring. He has learned the hard way that taking care of a three-year-old can be tougher than getting rid of all the vice in Miami. "My mother always told me, 'You're going to have a son one day, and he's going to be rotten, just like you,'" Don says, laughing. "Wherever my mother is today, I'm sure she's having an uproarious laugh at the things my son puts me through."

Growing pains

Don is the first to admit that he was quite a handful when he was growing up, in the small town of Crane, Missouri. As the oldest son of a farmer and the grandson of preachers on both sides of his family, Don felt restless and confined. "It wasn't a bad life—it was a healthy, regular, middle-class life—but it absolutely didn't fit me. I felt different right from the first instant."

When he was eleven, his parents divorced, and Don and his sister, stepsister and two younger brothers went with their mother to live in Kansas. "I was mad at them for divorcing," he remembers, "so I was incorrigible." A year and a half after his parents' divorce, Don was arrested for hot-wiring a car and going joyriding, and he was placed in a detention home. The punishment had a big impact. "It smartened me up fast," he says. "I knew right then that my freedom was worth more than anything."

Don was allowed to leave after three weeks, when he agreed to go back to live with his father, with whom he had a stormy relationship. He was enrolled in the ninth grade at a school known for its streetwise students—and it didn't take him long to get into trouble.

"There was a guy who was the baddest guy in school, and his girlfriend liked me, but I knew she was his girlfriend, so I didn't bother her." The bully didn't believe that, however, and threatened to kill Don. Convinced that he meant it, Don took his father's loaded .32 special out of a trunk and carried it in the pocket of his trench coat. "Trench coats were just coming into fashion," notes Don, a budding Beau Brummell with a flair for the dramatic even then. "One time the guy passed me in a car, and my heart went to my throat and my hand to my pocket. I never did have *(continued on page 170)*

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ON THE FRONTIERS OF MEDICINE

In research laboratories across the country, NIH scientists are finding new ways to improve health and prolong life. Their work means a better future for all of us and our children

The National Institutes of Health (NIH), a $5.5 billion agency of the U.S. Department of Health and Human Services, is the world's foremost biomedical research facility. The agency supports more than twenty thousand research projects each year at medical schools across the country in addition to the work carried out at its Bethesda, Maryland, headquarters. The institutes' scientists study everything from acne to ulcers, from birth defects to the problems of aging.

Many of the most important medical breakthroughs of recent years are a result of NIH-sponsored research, including such discoveries as:

- Amniocentesis and other methods of detecting problems in a developing fetus
- Safer and more effective methods of contraception for men and women
- Interleukin-2, maybe the most promising cancer treatment in the last thirty years
- New drugs to treat peptic ulcers, which affect one in ten Americans
- New uses for ultrasound, including breaking up kidney stones without surgery.

This special eight-page section describes the medical research—and possible breakthroughs—now being carried out by prominent scientists at NIH and by others across the country who have received NIH grants. By reading this report, you can become an informed observer of the battles being fought—some of them literally life-and-death—and the victories being won on the frontiers of medicine.

The following NIH researchers contributed to this special report: Dr. W. French Anderson, Dr. Gabriel Bialy, Dr. Roscoe O. Brady, Dr. Vincent T. DeVita, Jr., Dr. Raymond Dionne, Dr. Thomas Dougherty, Dr. Susan E. Folstein, Dr. Roger Guillemin, Dr. James F. Gusella, Dr. Robert Jaffe, Dr. Howard Judd, Dr. Mitchell Max, Dr. William Z. Potter, Dr. Marian Radke-Yarrow, Dr. Steven Rosenberg, Dr. Richard Sherins, Dr. Bruce Stadel, Dr. Kenneth Tung, Dr. Thomas Wehr, Dr. Richard Jed Wyatt, Dr. Samuel S. C. Yen, Dr. Robert Young. Special assistance by Marc Stern, NIH news director. This section was reported by Lynne Lamberg and Judith E. Randal. Additional research by Rachel Hager and Diane Salvatore. Edited by Beth Weinhouse.



CANCER

How close are scientists to finding a cure?

Cancer may be on the rise in the United States, but one of the main reasons for the increase has to do with Americans' *improving* health and longevity. "Cancer is primarily a disease of middle and old age," explains Vincent T. DeVita, Jr., M.D., director of the NIH's National Cancer Institute. "Because the population is aging and fewer people are now dying of other causes—heart and blood-vessel disorders—more Americans are going to live long enough to develop a malignancy."

While DeVita's statement may sound suspiciously like a "good news/bad news" joke, he is quick to point out some hopeful signs. Just as more healthful diets, with an emphasis on eating less animal fat and more fiber (fruits, vegetables, whole grains), are causing fewer people to die of heart and blood-vessel diseases, the same lifestyle change may ultimately reduce the number of cases of colon and breast cancer as well. Like heart and blood-vessel diseases, these cancers are linked to high intake of animal fat. In fact, NIH studies are testing the possibility that breast-cancer patients can reduce the chances of recurrence by eating less fat.

And while lung-cancer rates for women are still rising, the rate for men is actually dropping, as more of them heed medical warnings and quit smoking.

Some cancers formerly considered hopeless are, largely thanks to the NIH, increasingly less so. Childhood leukemia is perhaps the most dramatic example. During the 1950s about 1 percent of childhood-leukemia patients survived as long as five years. By the mid-1970s, the survival rate was 51 percent. Since then it has improved further; a child diagnosed with the disease today has a better than 65 percent chance of being alive five years from now.

Research conducted or funded by the NIH is also taking some of the dread out of cancer therapy. Trials have demonstrated, for example, that many early-stage breast-cancer patients can be as successfully treated by removal of the lump followed by radiation as by removal of the entire breast. In addition, less drastic surgery is now often feasible for rectal and prostate cancer and for bone cancers that only a few years ago would have necessitated amputation of a limb.

Further progress is expected as NIH scientists and their colleagues at other research centers explore new methods of cancer treatment that may replace or make more effective the old standbys—surgery, radiation and chemotherapy. Some examples:

- A new approach to cancer therapy pioneered by Steven Rosenberg, M.D., chief of surgery at the National Cancer Institute (and best known as one of the surgeons who operated on President Reagan for colon cancer), uses the body's own white blood cells to fight the disease. Patients are connected to a machine that removes their white blood cells, which are then treated with a protein called interleukin-2. The protein activates a mechanism in the white blood cells so that they will kill tumor cells without harming normal ones. The altered white blood cells are returned to the patient, where they carry out their mission. Moreover, the treated cells continue to multiply in the body for short periods of time, increasing their cancer-fighting ranks.
- NIH researchers are experimenting with a dye made from hemoglobin, the red pigment in blood. Thomas Dougherty, Ph.D., recipient of an NIH grant at the Roswell Park Memorial Institute, in Buffalo, New York, discovered that the dye lingers longer in cancer cells than in normal cells. Doctors are using the dye to help pinpoint and eradicate cancer cells while sparing normal cells. They inject the dye into the bloodstream and then wait several days until almost *(continued on page 80)*

DISEASES OF THE '80s

Q AIDS

How contagious is it?

A "AIDS is transmitted chiefly through semen and blood," says Walter Dowdle, M.D., AIDS coordinator for the U.S. Public Health Service. "While the AIDS virus has been found in tears and saliva, these are not significant routes of transmission. Unless you are the sexual partner of someone who is infected, use intravenous drugs or were born to an infected mother, the chances of getting AIDS are very small. To date, no child has gotten the disease from another child. And a new test that detects the presence of AIDS virus antibodies in the blood now makes transfusions safe. In sum, AIDS is not easy to get."



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HEART DISEASE

The nation's leading cause of death

The biggest threat to the nation's health comes not from cancer but from heart disease. And while the disease discriminates in favor of young women, it's a strict observer of sexual equality once old age arrives: One in three men and one in ten women in the United States is expected to develop some major cardiovascular disease before age sixty, reports the National Heart, Lung and Blood Institute (NHLBI). For women over sixty, the incidence of heart disease rises to equal that of men, so that almost half (250,000) of the 550,000 people who die as a result of heart problems in this country each year are women.

Over the past decade, however, the death rate from heart disease in America has fallen by a whopping 25 percent, and it is still dropping. Modern medicine and the American public share the credit for this decrease, which is due to better treatment for heart disease combined with increased use of preventive measures. NHLBI had much to do with the success. Some examples:

- Technological advances have substantially improved the speed and accuracy of diagnoses. One new technique, digital subtraction angiography, is used to examine blood vessels. With this method, two fluoroscopic images are made, one before and one after injection of a dye. A computer then compares the images and "subtracts" everything the two have in common, showing clearly whether the dye's passage was obstructed by blood-vessel blockage.
- Ultrasound B-scan imaging sends high-frequency sound waves into the body and then analyzes their reflections. This technique enables doctors to visualize not only blood-vessel abnormalities in adults but also major defects in the hearts of babies still in the womb, allowing doctors to prepare for corrective actions after birth.
- Nuclear-magnetic-resonance scanning uses the power of magnetic fields to provide images of blood flow, structural abnormalities and tissue damage, all without radiation or injections of dye.
- Cine CT tomography offers three-dimensional "movies" of the beating heart. The images clearly show the flow of blood through heart muscle.
- Blood pumps known as left-ventricular assist devices (LVADs) can temporarily take over an ailing ventricle's work, giving it a chance to rest and recover. Implantable LVADs, now being tested, may benefit thousands of patients with left-ventricular failure and congestive heart disease.
- Balloon angioplasty helps people with fatty deposits on the inner lining of their artery walls. A flattened balloon is inserted in a blood vessel and threaded through to the site of an obstruction. When inflated, the balloon flattens the fatty deposit so that blood can flow more freely. Most medical centers using this technique report a 90 percent success rate.
- An even newer procedure, still under investigation, utilizes lasers to vaporize fatty blockages.

Drugs are another major component of modern-day treatment. Beta-blockers, for example, markedly reduce angina patients' pain by blocking the effect of the heart-stimulating compound epinephrine. Some other new medications:

- Drugs known as calcium antagonists have recently become available, and according to the advisory council of the NHLBI, they are one of the major advances in treating angina in the past decade. Calcium antagonists can provide relief for patients who are unable to use beta-blockers or are only partly helped by those drugs. In one study conducted at the NHLBI, angina patients were able to ride an exercise bicycle longer when they took both the calcium *(continued on page 80)*

DISEASES OF THE '80s

Q OSTEOPOROSIS

Is there any hope?

A Osteoporosis, the brittle-bone disease, is not an inevitable part of aging; it can often be prevented by a high-calcium diet and exercise. Calcium supplements, estrogen, vitamin D supplements and fluoride may also help prevent—or treat—osteoporosis. Osteoporosis can now be detected in its early stages, long before telltale signs such as dowager's hump have appeared. A new technique known as photon absorptiometry measures bone mass and permits doctors to determine how fast someone is losing bone. Many medical centers now have the equipment to do the test.



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PAIN

Researchers discover ways to ease the hurt

Splinters, stubbed toes, sore throats: These are the little pains of everyday life, and most, fortunately, are transient. But for an estimated forty million Americans, pain is chronic. Its sources include dental problems, cancer, headaches, bad backs, arthritis, diabetes, and more. The cost to the nation for medicines, doctors' fees, hospital bills and lost earnings exceeds $50 billion a year.

At the NIH, cancer experts, neurologists, psychologists, dentists, pharmacologists, nurses and other specialists are seeking ways to improve the diagnosis, measurement and treatment of both acute (short-term) and chronic pain. The NIH's Pain Research Facility is housed under the National Institute of Dental Research (NIDR), since 25 percent of all chronic pain problems occur in the face and oral cavity. Among their findings:

- Better treatment for dental pain is good news for the 35 million Americans who are so afraid of going to the dentist that they postpone the visit until they're suffering from a toothache. NIDR researcher Raymond Dionne, D.D.S., Ph.D., and his colleagues showed that using a long-lasting local anesthetic in combination with a new nonsteroidal anti-inflammatory drug, flurbiprofen (Ansaid), markedly reduces pain from removal of impacted wisdom teeth. Previously, 90 to 95 percent of patients undergoing this type of surgery reported pain, but two thirds of those treated with the new drug combination reported they had no pain or only slight postsurgery pain on the day of the procedure.
- Among chronic pains, one of the most excruciating is that caused by diabetic neuropathy (nerve damage associated with diabetes). Some people experience searing pain in the feet, legs and hands that makes walking agonizing and keeps them from sleeping. Neurologist Mitchell Max, M.D., clinical coordinator of the Pain Research Facility, and his co-workers showed that a drug ordinarily used in the treatment of depression, amitriptyline (Elavil), can help relieve such pain, regardless of whether patients are also depressed. Another type of pain that can be treated with this drug is postherpetic neuralgia (nerve irritation caused by shingles).

With new drugs and diagnostic techniques at their disposal, most medical professionals feel that patients should not have to suffer from severe pain. "Drugs available today can relieve most pain that follows surgery or accompanies cancer," asserts Max. But unfortunately, he adds, "many patients don't receive effective treatment.

"In the typical situation, a patient is given a fixed dose of a painkiller. If that doesn't work, it may be some time before he or she receives a higher dose. Nurses, who are at the bedside, don't have the authority to change a doctor's orders, and the doctor may be in the operating room or otherwise unavailable.

"Moreover, many patients are reluctant to complain about their pain," he continues. "They think being stoical is good. But it's not."

Pain after surgery, for example, keeps patients from getting enough sleep and resting comfortably, from walking, even from breathing deeply and coughing, Max explains. "So pain actually interferes with recovery," he points out.

"The message to patients is this," he says. "If you're fighting pain after surgery, you're wasting your energy. It's good to be free of pain; you have a right to demand that."

Some medical centers, he says, are now using patient-regulated mechanical pumps to administer painkillers after surgery. The result: Patients get better pain relief using less medication.

NIH scientists are studying another new *(continued on page 184)*

DISEASES OF THE '80s

Q CHLAMYDIA

How can women protect themselves from the most common venereal disease in the country?

A Each year, between three and four million Americans are struck by chlamydia, a bacterial infection that can cause sterility in men and women. Since up to 70 percent of women with the disease have no obvious symptoms, doctors at NIH recommend that all sexually active women—especially those under age thirty-five, the group at highest risk—be tested for chlamydia at least once a year. A new diagnostic technique called antigen detection testing, which is cheaper and simpler than earlier tests, is enabling more laboratories to test for chlamydia.

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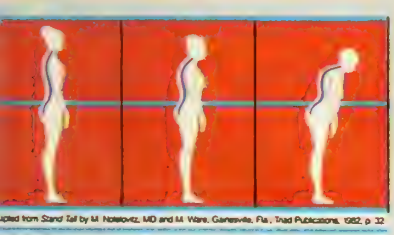
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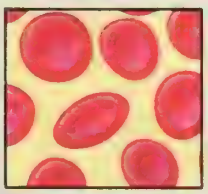
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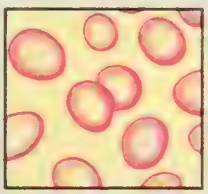
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REPRODUCTIVE HEALTH

New research into birth control and infertility

The National Institutes of Health funds more research for the development of new contraceptives than any other institution in the world. Research conducted with NIH grants, for example, led to the development of the disposable contraceptive sponge. Another well-publicized contraceptive study, conducted by Bruce Stadel, M.D., of the National Institute of Child Health and Human Development (NICHD), and other researchers at the Centers for Disease Control, has eased the fears of many young women about the side effects of birth-control pills. "Our study was a very large and rigorous one," reports Stadel. "What we found is that young women who have used oral contraceptives are no more likely to get breast cancer than young women who have never used them at all."

Some of the most exciting research into new contraceptives centers around the protein LHRH (luteinizing hormone–releasing hormone). This hormone is produced by the hypothalamus and acts upon the pituitary gland to regulate the reproductive organs. In small doses, LHRH can reverse female infertility. But in larger doses it *produces* infertility in women, making it a potential contraceptive. LHRH may also become the basis of a contraceptive for men, because it reduces sperm count. (Although LHRH and several other drugs have been tested as male contraceptives, the results have so far been disappointing because in some men they lower the production of testosterone and thus reduce sex drive.)

NIH grantee Roger Guillemin, M.D., of the Salk Institute for Biological Sciences, in La Jolla, California, was one of the scientists who determined the chemical structure of LHRH.

Guillemin, a Nobel laureate, and researchers at Genentech, a San Francisco firm, isolated and determined the structure of a second protein with contraceptive properties for both sexes. This hormone, called inhibin, is thought to be made in the ovaries and testes; it travels through the bloodstream to the hypothalamus, which then directs the pituitary gland to stop making FSH (follicle-stimulating hormone), a substance that is necessary for the maturation of eggs and sperm.

One of the advantages of inhibin is that although it blocks the release of FSH, it seems not to upset the rest of the body's hormonal balance. For this reason, scientists now believe further study may lead to a new kind of birth control pill and even a contraceptive nasal spray. Studies of inhibin may also lead to the first effective and acceptable contraceptive drug for men.

"Inhibin is an exceedingly important scientific discovery," says Gabriel Bialy, Ph.D., chief of the NICHD's Contraceptive Development Branch. "And whether or not it turns out to be safe and effective for birth control, it's going to give us badly needed information about male and female biology."

Other new birth-control methods being studied by NIH include:

- Improved long-acting injectable contraceptives for men and women
- An under-the-skin contraceptive implant for women that gradually releases a birth-control drug and then is absorbed by the body when its supply of drug runs out
- A disposable diaphragm.

Of course, many women are more concerned with achieving pregnancy than preventing it. And for couples unable to bear children, the search for a cure for infertility is agonizing. It's estimated that one in six couples have difficulty conceiving a child, and infertility is equally common among men and women.

At the NICHD, Richard Sherins, M.D., is in the midst of study of male infertility that began fifteen years ago. Sherins has divided his patients into groups: *(continued on page 184)*

DISEASES OF THE '80s

Q HERPES

Has it disappeared?

A Genital herpes affects an estimated five million to twenty million Americans. About half a million people contract herpes each year. Though not a cure, a drug called acyclovir, sold by Burroughs Wellcome under the brand name Zovirax, can help relieve the symptoms and reduce the number of recurrences. Scientists are also working to develop a herpes vaccine. Women with genital herpes should have a Pap test at least once a year, and preferably every six months, because herpes increases a woman's chances of getting cervical cancer. But detected and treated early, this cancer can usually be cured.

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GENETIC RESEARCH

Learning to correct nature's mistakes

Two to 5 percent of all babies are destined to have a genetic disease. In the United States, in fact, these diseases account for a third of admissions to children's hospitals, about half of all deaths in childhood, and a large proportion of deaths in early adulthood and middle age.

There are more than three thousand genetic diseases—including cystic fibrosis, thalassemia and Huntington's disease—and they range from the trivial to the lethal. But they do have one thing in common: All but three of them are at present incurable. Five years from now, and quite possibly sooner, that is unlikely to be true. With a better understanding of the chemistry of heredity and how to change it, NIH-sponsored researchers are close to conquering many genetic cripplers and killers. According to W. French Anderson, M.D., an NIH geneticist, "human trials of gene therapy are in the planning stage now, and we just about have the technical ability to do it."

Genetic diseases strike when a single abnormal gene or an entire chromosome (a collection of genes) goes awry. Most of these hereditary illnesses are caused by receiving a defective gene from one or both parents. "We think overriding a double dose of the 'wrong' gene with a 'right' one may actually cure at least some genetic diseases," says Anderson.

To do this, scientists plan to splice whatever gene the patient needs into a virus and remove some bone marrow from the patient. Test-tube studies and animal experiments have shown that the virus should then transplant the new gene into cells in the marrow known as stem cells. The stem cells, in turn, form the key cells of the blood. Thus, it is expected that returning the treated bone marrow to the patient will cause the new gene to circulate throughout the body via the bloodstream for the rest of the patient's life.

There is a catch. The viruses into which the new genes are spliced cause tumors in mice. Although the viruses have been genetically engineered to self-destruct after they have delivered their cargo, researchers are understandably worried that they may nonetheless cause cancer in humans. Before gene therapy is attempted on patients, a special advisory committee at the NIH as well as the Food and Drug Administration will have to be persuaded that the procedure is not only likely to be effective but that it is also safe. Once researchers receive approval, they will probably try the method first on patients with ADA deficiency, a genetic protein deficiency that causes severe immune-system problems.

NIH is tackling other approaches to genetic disease besides gene splicing. Huntington's disease, for example, is a fearsome hereditary disorder that afflicts more than twenty-five thousand Americans. Though it rarely appears before age thirty-five, it is always fatal. Its victims suffer years of profound mental and physical deterioration. Moreover, if they marry and become parents before they are stricken, as many do, each of their children has a 50 percent chance of inheriting the deadly gene.

Until now, there has been no way to tell in advance which members of the affected families will get the disease. Recently, however, James F. Gusella, Ph.D., an NIH grant recipient at Massachusetts General Hospital, in Boston, made a discovery that has led to the development of a predictive test. A physician who may be one of the first to use this test is another researcher on an NIH grant, Susan E. Folstein, M.D., of the Johns Hopkins School of Medicine, in Baltimore. Says Folstein, "If we can get tissue samples from enough members of *(continued on page 185)*

DISEASES OF THE '80s

BIRTH DEFECTS

What's the best way to prevent them?

A. The best way to prevent birth defects is to maintain your health before becoming pregnant and to get early prenatal care. One of the most important aspects of that care is having the proper tests during pregnancy, so that if there is a problem with the developing fetus, doctors can try to correct it before birth or immediately after. Early diagnosis also gives parents the option of aborting a fetus that will be severely deformed or retarded. NIH is studying amniocentesis (the standard method of prenatal diagnosis) and chorion villus sampling (a new prenatal test) to compare the safety and accuracy of the two methods.

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MENTAL HEALTH

New treatments for depression and other mental illnesses

Nearly 20 percent of all adult Americans have been diagnosed with a mental illness at some point, according to a recent National Institute of Mental Health (NIMH) study. Besides the great suffering of the patients and their families, medical bills and losses in job productivity cost taxpayers $54.2 billion per year. Researchers at NIMH are working to eradicate these illnesses.

One of the disorders that researchers continue to grapple with is depression—not normal, everyday blues, but major clinical episodes—which afflicts some 9.5 million people, twice as many women as men. (While an NIMH study shows that men and women suffer in equal numbers from mental illness, men tend to be diagnosed most often with personality disorders and antisocial behavior, while women are more likely to suffer phobias, panic disorders, depression and anxiety.) Researchers have been tackling the problem of depression from several angles:

- A critical connection between sleep patterns and depression is being investigated by Thomas Wehr, M.D., a research psychiatrist and chief of the clinical psychobiology branch of the NIMH. Most remarkable, Wehr feels, is the discovery that one can often temporarily rescue a patient from an intense long-term depression simply by depriving him of sleep, thereby interrupting a crucial chemical or hormonal process. Wehr's team of researchers hopes to devise a new drug that will mimic this effect and work far more rapidly than antidepressants, which require several weeks to take effect. In the meantime, he has been experimenting with a sleep-modification plan. "In our studies, 60 percent of depressed people do well with this alternative, nondrug–treatment," Wehr says.
- William Z. Potter, M.D., chief of the clinical pharmacology section, is focusing on the role of neurotransmitters (chemical substances that send messages between nerve cells), which control mood, appetite, energy levels and sex drive. Regulation of one of these chemical substances, norepinephrine (NE), becomes disturbed when biologically depressed persons are exposed to physiological stresses—such as standing up after resting. Potter has developed a blood test that enables him to detect potential depressives and manic-depressives by monitoring their NE levels, which are higher than those of nondepressives. The test can also differentiate between the two types of depression. "Such knowledge will make a big difference in treatment," says Potter, since drugs currently administered to help depressives actually hurt manic-depressives.
- Marian Radke-Yarrow, Ph.D., chief of the NIMH laboratory of developmental psychology, has been studying the development of children raised by a depressive or a manic-depressive parent. A key early finding: While not all such children have problems later in life, there is a strong suggestion that children of severely depressed mothers may be more likely to have disturbed relationships later on. Radke-Yarrow hopes to identify the crucial aspects of the mother-child relationship so that it is possible to intervene and head off difficulties early.

BEYOND DEPRESSION

Schizophrenia, one of the most severe mental illnesses, is a psychosis that results in profound disturbances of thought, language, mood and behavior, sometimes leading to hallucinations and delusions. It afflicts some 1.5 million adults and is still largely a mystery. A team of researchers under Richard Jed Wyatt, M.D., chief of neuropsychiatry at NIMH, has some tantalizing leads, however. Studies have demonstrated that the frontal cortical lobes of some schizophrenics' brains do not *(continued on page 185)*

DISEASES OF THE '80s

ALZHEIMER'S DISEASE

Q What new information is there?

A In the past two years, the National Institute on Aging has established ten Alzheimer's disease research centers nationwide. Scientists now know that Alzheimer's is a disorder that affects both the chemistry and the structure of the brain. Research suggests that people with Alzheimer's develop abnormalities in the way their brains transmit chemical messages essential to normal functioning. For example, studies of aging monkeys show that experimental drugs that increase chemical transmission can boost memory. Scientists hope that one day similar drugs will be available to humans.

Unpredictable chest pain.

Don't take it lightly!

you get chest pains:
rest, or even during sleep?
varying levels of exertion? (Does your ability to perform same physical tasks change from day to day?)
specific times of day, usually in the morning?
m exposure to cold?
der emotional stress?
nay be the pain of *mixed angina*—pain from the heart t may occur anytime without warning. It is the same n you'd feel with any kind of angina, although with ced angina you can't predict when it will occur. For mple, you may walk two blocks one day without an ack; the next day the same walk triggers pain.
f you are experiencing your pains in this unpredictable nner, even if you have already been diagnosed as having gina, you should report this important information to ir doctor. Don't forget, it is important not only to note t you've had pain, but also to remember the time and cumstances under which your pain occurs. All these s are keys to identifying mixed angina.

iat causes the pain of angina?
e pain occurs when the heart muscle does not get ough oxygen-rich blood. In some forms of angina this pens when the heart muscle cannot get all the oxygen emands because of fatty obstructions that have formed he coronary arteries, blocking the flow of blood. But xed angina is different. Because along with fatty structions, in a person with mixed angina a temporary eezing or narrowing of the coronary artery will occur. is narrowing of the vessel wall decreases the flow of od to the heart muscle causing pain. The medical term it is *vasoconstriction*. Vasoconstriction blocks the flow oxygen-rich blood to the heart muscle. The presence of oconstriction explains why mixed angina can occur for apparent reason—at rest, or even during sleep.

The pain of angina may appear as:

A heaviness, pressure, discomfort or fullness in the chest, sometimes extending into the left shoulder and arm, even the jaw.

A feeling of "indigestion," shortness of breath, and/or fatigue.

What you can do—and what your doctor can do for you.
Your doctor can correctly diagnose mixed angina if you carefully describe precisely when, where and how you felt your pain, and what you were doing when it occurred. Minor details count. Write them down so you can answer your doctor's questions more fully and accurately. Remember—variability is the key, so be sure to note the time and circumstances when pain occurs.

Your physician may suggest that you lose weight, avoid stressful situations and stop smoking. A program of rest, relaxation, correct diet and exercise can be helpful. In addition, there are medicines that both effectively improve the blood supply to the heart muscle, and reduce the heart's demand for oxygen.

Remember, only you can provide your doctor with the necessary information. But you also have an important system to help you manage mixed angina. We call it...

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Pfizer PHARMACEUTICALS • A PARTNER IN HEALTHCARE

CANCER

continued from page 68

none remains in normal cells. A red light is focused on the tumor cells, activating the dye. The light and dye combine to destroy the cancer cells. To date, more than twenty-five hundred patients with a variety of cancers have already undergone this experimental treatment, with promising results.

- Many scientists believe that substances called monoclonal antibodies will play an important role in the fight against such hard-to-treat cancers as those of the lung, breast and ovary. With ovarian cancer, for instance, explains Robert Young, M.D., of the National Cancer Institute, "surgery can remove the bulk of the tumors, and chemotherapy much of the rest of them, but some malignant cells tend to escape into the fluid of the abdominal cavity, where they multiply."

Under Young's direction, scientists are starting human trials of several methods of mopping up these cells. One of them is the red-light treatment already described. Another—requiring only a small incision for the introduction of a length of tubing—makes use of monoclonal antibodies. These genetically engineered protein substances are programmed to seek out cancer cells and infuse them with antitumor drugs.

Not only are monoclonals a promising therapy for hard-to-treat cancers but thanks to their ability to find hidden cancer cells, they may also improve diagnosis. They can already, for example, be used to distinguish one type of lymphatic cancer from another, so that doctors can more precisely choose the appropriate treatment.

Monoclonals are also being developed to detect metastases, the secondary tumors that are seeded through the bloodstream far from the site of the original cancer. Most cancer deaths are due to metastases. Earlier detection with monoclonals may enable doctors to nip metastases in the bud.

- Genetically altered bacteria may also improve cancer treatment. Many cancers respond to chemotherapy initially but eventually become resistant to antitumor drugs. Scientists have identified some of the genes responsible for this process. Armed with this knowledge, they have developed counter-genes that can be spliced into bacteria. They hope that the treated bacteria will mass-produce chemicals to thwart drug resistance.
- And NIH is working to improve laboratory techniques for cancer research. Animal tumor cells, usually from mice, have traditionally been used to test drugs for cancer-fighting ability. Recently there has been an emphasis on using human tumor cells instead, which makes it easier and faster to identify the most promising anticancer drugs. **End**

HEART DISEASE

continued from page 70

antagonist verapamil and the beta-blocker propranolol than they could with either drug alone.

- Another new type of drug, known as angiotensin-converting enzyme inhibitors, reduces blood-vessel constriction and increases the amount of blood the heart pumps in angina patients. Increased circulation makes exercise easier and minimizes shortness of breath. Because such drugs relax the arteries, they are also beneficial for people with high blood pressure.
- New clot-dissolving agents can interrupt a heart attack and prevent further damage to heart muscle. Two of the drugs being studied are streptokinase and tissue plasminogen activator, both of which may be injected through a vein or directly into a blocked artery. A current NHLBI study aims to determine the effectiveness of these drugs and the situations in which each of them should be used.
- Better drugs may also help reduce the need for surgery. The much-discussed coronary bypass operation, in which a surgeon replaces a diseased coronary artery with a length of vein taken from the leg, is performed on 180,000 Americans a year. An NHLBI study that compared surgery with drugs found that in many cases, they were equally successful, meaning surgery could be postponed. (A newer approach to bypass surgery employs one of the two mammary arteries that run down the chest, instead of a leg vein. The first major studies of this technique suggest that it may offer even better results.)

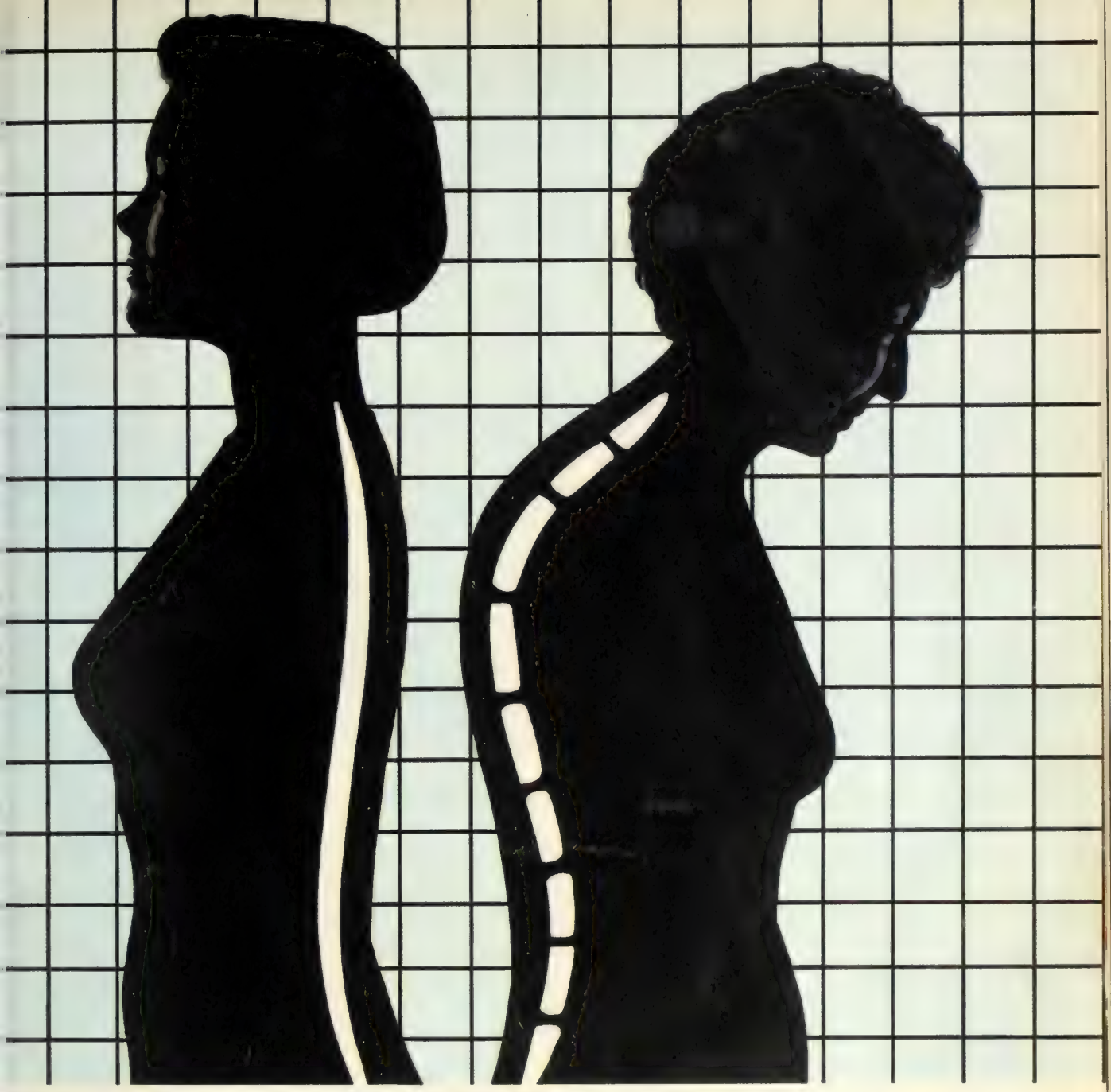
The ultimate end of research efforts is, of course, not treatment, but prevention. And this goal requires that risk factors be identified. To this end, NHLBI-sponsored studies have made the small Massachusetts town of Framingham a household word. About forty years ago half the men and women aged thirty to sixty-two in the town—some fifty-two hundred persons—agreed to enter the Framingham Heart Study, committing themselves to participating for the rest of their lives by returning periodically for checkups.

The Framingham studies have shown that the higher a person's blood cholesterol, the higher his or her risk of suffering a heart attack. A similar correlation exists for blood pressure. Framingham researchers have also found that cigarette smoking nearly doubles the rate of heart disease, that obesity contributes to high cholesterol levels and high blood pressure, and that regular, vigorous exercise offers protection against heart disease. Framingham data about heart-disease risk factors have been confirmed by large-scale, nationwide studies.

Given such findings, the NHLBI, in collaboration with the American Heart Association and other organizations, is launching a national cholesterol education program this year. Magazine and newspaper articles, supermarket ads and displays, brochures and posters in doctors' offices, and other materials describe how fish oils can be the basis of a healthy, cholesterol-lowering diet. Knowledge of the benefits of fish oils came from studies of northwest Greenland Eskimos, whose incidence of heart disease is low and whose consumption of fish is high. Adding fish oils to the American diet should help lower cholesterol levels here, too. **End**

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MY COUSIN VERONICA

They'd always done what Veronica said, cared what Veronica thought. Now, they decided, it was time for a change

A SHORT STORY BY ELINOR LIPMAN

At the time of Veronica's last visit, it was particularly inconvenient for us to have houseguests. I was trying to get pregnant, taking my temperature night and day and having intercourse at odd hours. Even though the effort upset our schedules for only a few days every month, relatives seemed to have a peculiar knack for visiting Boston whenever I was ovulating.

As newlyweds, David and I had escorted relatives to Concord and Lexington, to Harvard Yard and the Freedom Trail, but after six years of houseguests—and ten months of trying—we'd point aunts and uncles and cousins in the direction of the MBTA and lock the doors behind them.

"Just say no," my sister Jane told me. "Say you're going away. Make something up, like that David's Aunt Lillian will be up that weekend." But I never invented excuses. My first impulse when the phone rang was to be hospitable. I had been taught to love my relatives and to put them up, and I welcomed them reflexively, the same way I laid out clean towels and changed the sheets when I wished I had said no.

My sister sympathized with me about the guest problem and did her best to attract relatives to her house, forty minutes north of Boston. "It's a straight line from here to the airport," Jane told cousins convincingly. "Much more convenient than Abby and David's if you're flying." But no one was sidetracked. Jane had three children under eight and an Alaskan malamute.

That's not a great week for us," I told Veronica when she called to announce her visit. David rolled his eyes.

"Not again," he mouthed. David disliked my cousin; her thirteen-year-old daughter was anorexic, and he thought Veronica took it too lightly.

"It's a hard week for us at work," I said. David drew his finger across his Adam's apple.

I covered the mouthpiece with my palm. "Her kids will be at their father's for a week, and she's looking for someplace to go."

"Too bad," he said.

"Let me talk to Jane and call you back," I said into the phone.

"It's more important that we *(continued)*

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MY COUSIN VERONICA
continued

collect sperm samples than play host and hostess," David told me later. "Tell her she can come back when we're pregnant."

"We could skip a month, I suppose."

"Better if we tell her what's up," he said. I shook my head. I didn't want Veronica to know anything was wrong. I particularly didn't want to see her squint of incomprehension—or sympathy—when she learned we wanted a baby but couldn't quite manage it.

Veronica was my beautiful New York cousin. She had been married at twenty, having met Kirk the first day of college orientation. Two children followed in exactly the order they wanted them. Later, after they were divorced and Veronica had become a successful decorator, she had her diamond remounted in a bold, chunky setting and wore outfits that were fashionably extreme.

"I'll take care of it," my sister assured me. "I'll call Veronica . . . . I'll tell her to come here—that you and I worked it out and it's no problem. She can come up the week she wants, with one minor adjustment: She stays with me, take it or leave it."

"You *talk* tough."

"I need some decorating tips," Jane said, and we both laughed.

She called me daily the week Veronica was due. "Let's frost our hair," she proposed.

"Is this a joke?"

"Haven't you noticed I have at least twelve new gray hairs since I last saw Veronica? I can't stand another discourse on the subject." Vero thought Jane's gray hairs survived out of choice, but out of ignora "Never mind. What should I feed h

"Fish," I said. "And no additives. know how she drifts in and out of v tarianism." On Veronica's last visit had read the labels on my kit shelves and expressed concern abo box of rice pilaf.

"Do you use this?" she had asked

"Only on weeknights, if I get h late."

Later David asked me why I ne to justify our groceries. Or my li had thought.

The morning Veronica arrived, I David about a trip I had taken a teen to attend her sweet-sixteen p She had presided over an unoff open house for the entire week of visit: Packs of friends arrived e night to watch TV and make out in darkened family room. Veronica c a nice, short boy for me—smart, no fast and not her type. The first tim were introduced he kissed me h with the confidence of a celebrity g greeting a talk-show host; later he ported to Veronica that he liked found my Massachusetts accent c but didn't think I knew how to s kiss. Veronica's boyfriend gave h gold cigarette lighter engraved "U the Twelfth of Never" as a sweet teen gift. I had brought her *Bart Familiar Quotations*.

"Whew. A fast track," David s "Gold cigarette lighters and short who expected you to kiss with mouth open."

I told him I tried to catch up with cousin after that visit, to bridge ten-month difference in our ages practiced kissing the mirror, I smo a few cigarettes, and I learned to hale. I dated. I married."

David made a face. "That's it? Th your whole story? I guess I don't un stand the problem."

I stood up and modeled my clot "Skirt just back from the cleaners. blouse. Note how the top *three* but are unbuttoned . . . . Got my hair exactly one week ago so it would right today." I sat down. "Can you in ine Veronica worrying about w she's going to wear when she sees n

"Why do you care exactly?"

"Because she's my cousin."

"That's it?"

I stirred my coffee, then smi "When Richie Berman said I di know how to kiss, Veronica told hi scored very high on my PSATs and better be nice to me or else."

"Poor Richie."

"I know. It was Veronica he lu after all along."

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Arnie Levin

THE 6 BASIC GARDENING PROBLEMS & HOW TO SOLVE THEM

Practical advice from an expert on how to make your garden grow

BY C. Z. GUEST

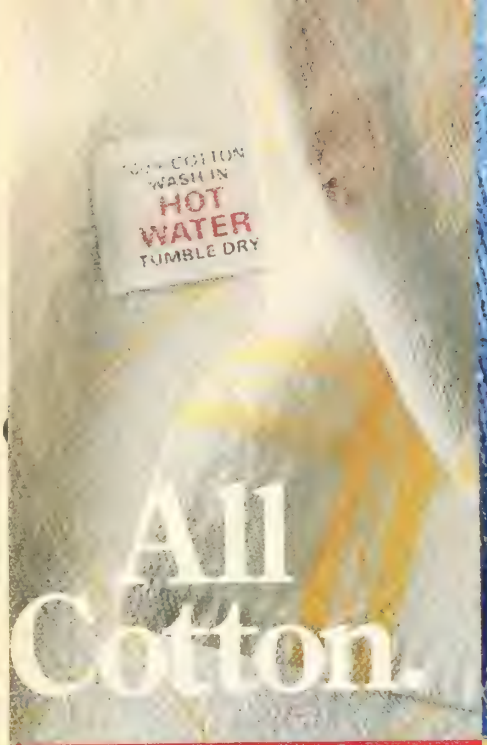
Growing a garden can be a truly rewarding experience. Indeed, for me, gardening is a labor of love. But growing a garden requires a lot of time, patience and persistence, as well as knowing how to cultivate your plants properly. To help you become a successful gardener, I've compiled a list of the six most common problems you will encounter, plus my tried-and-true solutions.

BATTLE OF THE BUGS

Plants are like people: They have to be clean and healthy and free of pests to feel their best. Since your plants can't take a bubble bath or visit the doctor for a shot, it's your duty to be their nursemaid. The first thing to know about pest control is to leave nature's army undisturbed. Birds, toads, lizards and snakes are good guys, who feed on a wide variety of insects. (You can even encourage your toad population by putting out small flat pans of water.) Of course, many people are afraid of lizards and snakes, but there is no better bug exterminator than a green garden snake. Some bugs are good guys, too. Turn the page to find out which ones are good and which you'll want to keep out of your garden.

To keep unwanted bugs away, make sure your garden is clean. In the fall dispose of all dead leaves, plants, stalks and stems so that there are no winter hiding places for pesky bugs looking for a spot to multiply. If your garden is spotless before winter sets in, you'll find far fewer insects the following year. During the spring and summer, continue to keep your garden *(continued)*


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- Diapers

REGULAR CYCLE

cottons and linens, colorful pastel ... work clothes, diapers, canvas ...

warm WATER

Warm water reduces dye fading, preserves fabric finishes, helps reduce wrinkling.

USE IT FOR...

- Permanent press or wash and wear
- Colorfast dark or bright colors
- Light colors that bleed
- Nylons, polyesters, acrylics
- Washable silks and woolens

REGULAR CYCLE

Brightly-colored towels, colored cottons and linens, colored scatter rugs, colored ...

cold WATER

Cold water helps protect se... minimizes wrinkling, saves hot...

USE IT FOR

- Dark or bright colors that...
- Very lightly-soiled fabrics
- Some stains such as blo... late to help keep them fr...
- **RINSING. Cold water rin... tive for all Cheer washloa... mend its use.**

REGULAR CY...

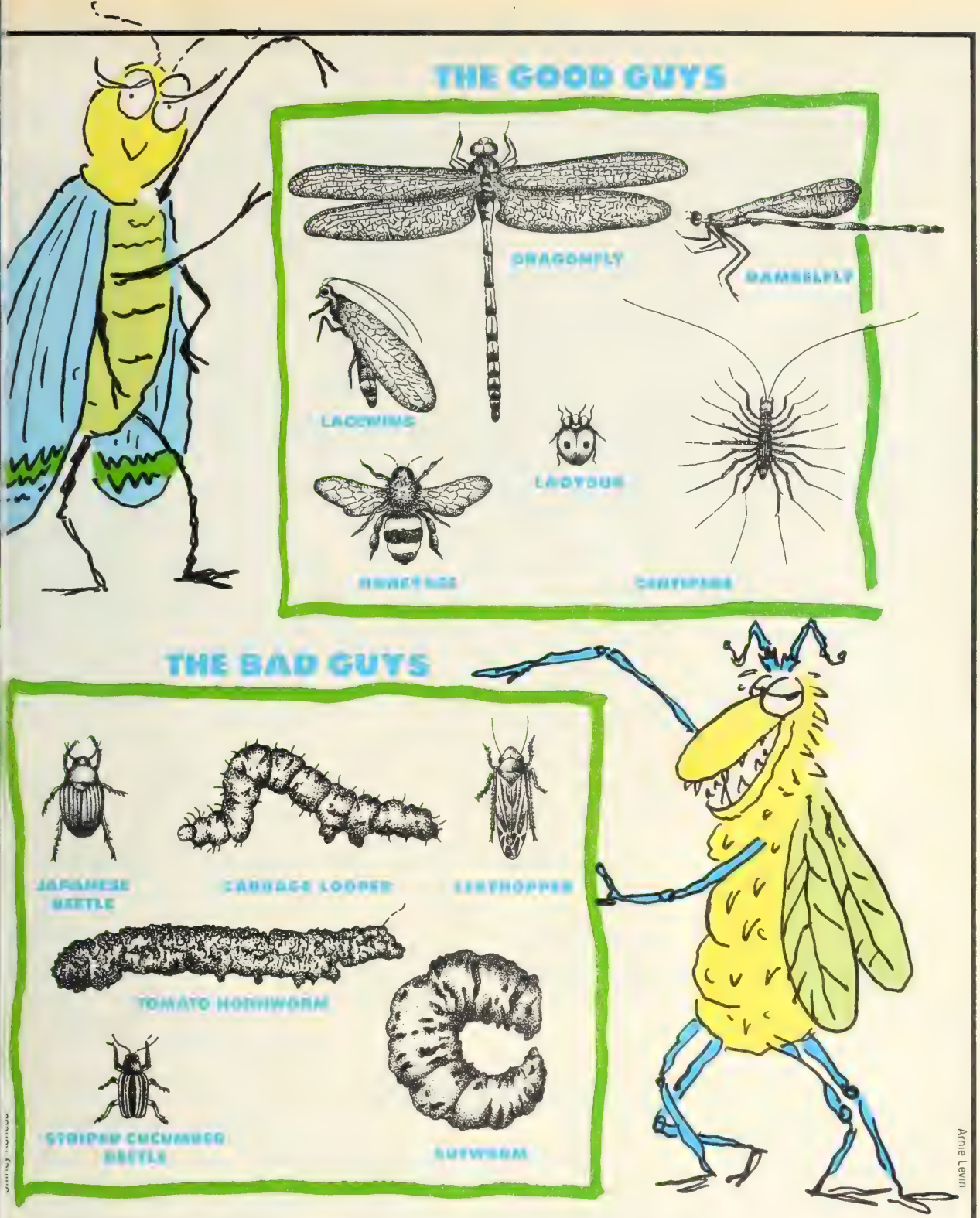
Dark and bright colored cotto... lightly soiled colors.

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GARDENING PROBLEMS
continued

spotlessly clean. The soil around each plant should be well cultivated (broken up loosely) and weed-free. A good mulch (a protective covering such as compost, leaves or sawdust spread over soil) helps to keep the weed population down and the moisture in.

I'm not a big believer in using chemicals in the garden, although I do find it necessary to spray my roses weekly with a mild solution of Funginex (available at most garden centers or nurseries). If your garden is not too large, I suggest a daily inspection of each plant to handpick (with gloves on, of course) all visible insects.

The best bug spray is organic, and if you're not squeamish, you can blend a daily bug-juice cocktail for your plants. First, take two cups of freshly picked bugs and put them in an old blender with several cups of water. Mix thoroughly and then put it through a strainer. When sprayed *(continued)*



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☐ I prefer to make my first payment immediately. I enclose $20.

☐ I can't sponsor a child right now, but would like to contribute $_____. 1000

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Address_____

City/State/Zip_____

Phone (_____)_____

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ECFA CHARTER MEMBER

on plants, this bug-juice cocktail v make other bugs almost as sick as made you!

Combating diseases

To give your plants a good start in l space them far enough apart so t each gets ample sunlight and venti tion. This helps to minimize unnec sary dampness, thereby discouragi fungal diseases. Proper spacing a gives plant roots room to grow.

Your garden must have proper dra age as well. Stagnant water causes r rot and weakens plants, which c leave them susceptible to diseases. A once plants are under stress, they a more prone to insect damage.

To prevent soilborne diseases a soil depletion, rotate vegetable cr every year or two (especially cold cr —crops planted for a fall harvest—a tomatoes). There are also new variet of vegetable and flower seeds, as well trees and shrubs, that are disease res tant, so check your latest seed catalog

Finally, be careful not to injure yo plants while caring for them. Some ruses enter plants through woun made by careless handling. Rememb plants are like people—they need to treated tenderly and lovingly.

The ABCs of watering

I've always felt that watering a gard correctly is the most difficult task someone to learn. It seems that peo either dehydrate their plants or dro them. In the hot months of June, Ju and August, the ground around t plants should be constantly and ever moist. You may have to water twice day, morning and afternoon, as well use a heavy mulch to keep in the dam ness. But never water your plants much that they are standing in a p of water.

In areas of severe drought there a water-saving methods that should followed. The ideal technique, call drip irrigation, waters each plant in vidually without any waste. It enta using a hose with tiny holes that slow trickles water around plant roots.

Here are some basic tips on pla watering to guide you:

- Most of your watering should be do in the morning. Never let your pla go to bed with water on their leaves, this can cause fungus, mildew and bla spot, especially in roses. And don't wa during the hottest part of the day, or t sun will be likelier to burn holes in t leaves where droplets of water fall.
- A good soaking (up to one hour) needed every twelve to fourteen days
- If you're *(continued on page 1*

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ORANGE SAUCE
2 tablespoons shredded orange peel
1/2 cup orange juice
1 teaspoon lemon juice
1/4 cup red currant jelly
1/4 teaspoon dry mustard
1 1/2 teaspoons cornstarch
1 tablespoon water
1/2 orange, peeled, chopped
1 1/2 tablespoons orange-flavored liqueur

Combine orange peel and juice, lemon juice, jelly and mustard in saucepan. Bring to boil. Mix cornstarch and water; stir into sauce. Cook over medium heat, stirring constantly until mixture comes to boil and thickens. Cook and stir 1 minute more. Stir in orange and liqueur.

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IMPORTANT: Use official mail-in certificate or a 3 x 5 card with your name, address, and zip code only; no reproductions accepted. Address must include zip code. Allow 6-10 weeks for delivery. Offer good in the U.S.A., its territories, APO and FPO address only. VOID WHERE TAXED, PROHIBITED OR RESTRICTED. Limit one certificate per family, group or organization. OFFER EXPIRES December 31, 1986. REQUESTS POSTMARKED after this date void.

Beatrice

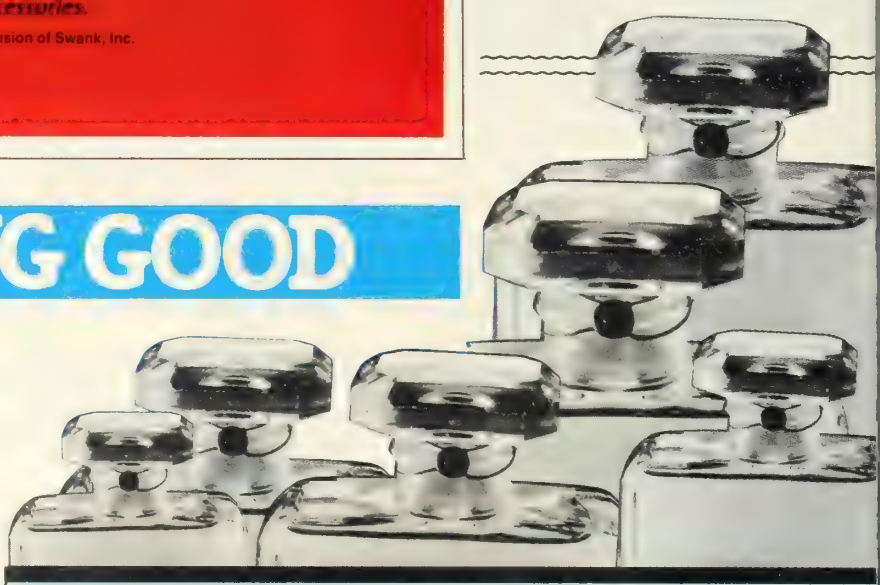
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NIGHTTIME BEAUTY TREATMENTS

You'll wake up on the right side of the bed wh you try any of these sup beauty treatments.

THE FACE More important than most expensive and nourishing n cream is the bedtime cleansing give your skin, according to Sim France, an expert in skin care owner of a New York facial sa First, use a cleansing milk that is



LOOKING GOOD

Try a modern new fragrance for springtime, avoid jet lag and use these special tips from an expert to get the most out of moisturizing night treatments. By Constance Leisure

HEADY NEW SCENTS

This spring, clothes will look romantic, so the new fragrance will give added dimension to that trend," says Annette Greei executive director of the Fragrance Foundation, in New York Cit During the day, women will wear florals. Natural florals (a sing scent such as tea rose, lily of the valley or freesia) will still b popular. But multiflorals—mixtures of several scents—will be th new favorites. In the evening, Oriental fragrances with green or fruity to notes give an exotic feeling. Surprise: Florals will be popular with men, too Fougère—which has a lavender top note and a mossy base—will b introduced in many men's colognes. Floral Orientals for evenings will b warm and woodsy. If he's afraid of flowers, the fragrance of crisp herb and spices on a clean musky base could be the perfect compromise.

ed to dissolve makeup and re-
e environmental toxins that have
ed on the skin. Then, to remove
esidues of cleanser, follow up
an astringent lotion for oily skin,
ilder lotion or freshener for dry
. France does not recommend
g heavy night creams. "I'd rather
people use heavier protective
ms during the day, when their
is exposed to the elements," she
. Instead, use a light cream at
t so skin can breathe. For acne
reakouts apply astringent or a
-based drying lotion, or dot a clay
que on problem areas.

EEL-GOOD FLYING TIPS

Whether you're flying
a vacation or business, you
ant to feel your best when
ou arrive at your destination.
ere are some tips from
merican Airlines' Flight
ervice Administration.

- Eat lightly, before and
uring the trip. When you
ook your reservation ask
hat special meals are
vailable—vegetarian or fruit
lates, menus for kids, etc.
- Try to avoid alcohol; it has
dehydrating effect, and the
ressurized cabin will
ehydrate you even more.
erry Marino, flight service
anager, says that anyone
ith sinus problems should
e sure to avoid red wine;
can make you feel stuffy
nd logy.
- Do drink water and
oncarbonated beverages.
Carbonated beverages often
ontain sodium, and this can
ause you to retain water.)
- Wear layered clothing,
specially for long trips. You
an then easily adjust your
lothing depending on
emperatures in the airport
nd the plane.
- Move and stretch at least
nce every hour or so.



Herb Schulz

HANDS Apply a rich cream to hands, wrists and nail beds. You can even mix a cream with an oil, then wear cotton gloves to bed for soft, sensational hands the next day.

ELBOWS AND KNEES If your skin is rough in these areas, buff with a loofah when you bathe, or massage very gently with a soap-covered pumice stone. Then apply a good unscented bath oil, such as Alpha Keri, to damp skin. After the bath give yourself a double layer of protection by applying a moisturizer.

FEET While bathing, use a pumice stone on rough areas. Dry feet thoroughly—this helps avoid the cracked, raw skin of athlete's foot—then apply cream or oil. For extra conditioning wear white cotton socks to bed.



Rack of Butterball!

BUTTERBALL

CREATE A NEW CLASSIC
with a delightful difference: a golden Butterball roasted with the savory Rack of Lamb spices.



RACK OF TURKEY
Yield: 8 servings

- 8-pound Butterball breast of turkey, thawed
- 1/4 cup Dijon-style mustard
- 1 egg
- 1/2 cup dry bread crumbs
- 1 clove garlic, minced
- 1 1/2 tablespoons finely chopped parsley
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon rosemary leaves, crushed
- 1/2 teaspoon thyme leaves
- Oil

Pat turkey dry. Blend mustard and egg. Brush turkey with mixture. Combine remaining ingredients except oil. Coat turkey evenly with crumb mixture. Roast turkey according to package directions. Halfway through roasting, use brush to dab oil on crumbs.

Look for more classic recipes in the package. Beatrice



Personal Banker.

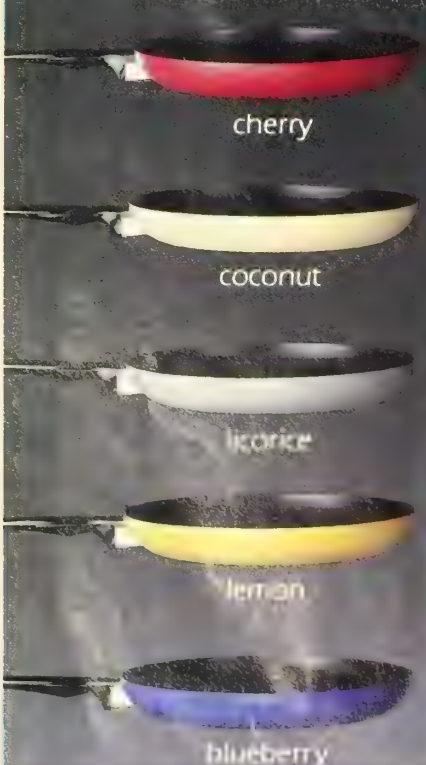
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COOKING

TAKE-OUT GOURMET

George and Piret Munger, owners of Piret's, southern California's famous take-out bistro, are known for serving international cuisine with an American flair. Here is a sampling of delectable recipes from their new book that brings gourmet-to-go back home.

TOMATO CONSOMME

1 can (16 oz.) Italian plum tomatoes, drained
4 cups chicken broth
⅓ cup grated Parmesan cheese
⅓ cup pine nuts (pignoli), toasted and chopped
¼ cup chopped fresh basil or 4 teaspoons dried
¼ cup dry white wine
2 garlic cloves, minced
Salt and pepper
1 tablespoon grated lemon peel

In large stainless steel saucepan combine tomatoes, broth, Parmesan, pine nuts, basil, wine and garlic. Bring to boil. Reduce heat and simmer 5 to minutes. Strain through fine sieve into serving bowl. Season with salt and pepper and garnish with lemon peel. Serve hot or cold. Makes 6 servings, about 130 calories each.

FETTUCCINE WITH SHRIMP

4 tablespoons butter, divided
¼ cup olive oil
1 pound shrimp, shelled and deveined (reserve shells)
1 tablespoon minced green onion
3 tablespoons brandy
¼ cup dry white wine
3 tomatoes, peeled, seeded and chopped
½ teaspoon salt
Pinch ground red pepper

Recipes excerpted from PIRET'S, by George and Piret Munger. Copyright © 1985 by George and Piret Munger. Published by Houghton Mifflin Company, Boston. Reprinted by permission.

OR TODAY

up heavy or whipping cream
ound fettuccine, cooked according to package directions

avy skillet melt 2 tablespoons but- vith olive oil. Add shrimp shells saute over high heat 3 minutes. slotted spoon, discard shells. To t add green onion, brandy, wine, toes, salt and red pepper. Simmer low heat until reduced by one , about 10 minutes. Add shrimp ream. Cook until shrimp are just . about 5 to 8 minutes. Whisk in ining 2 tablespoons butter. In serving bowl toss with fettuccine. es 8 servings, 500 calories each.

RINATED CHICKEN EASTS

up dry white wine
arlic cloves, minced
ablespoon minced fresh marjoram or ½ teaspoon dried
ablespoon minced parsley
ablespoon minced fresh basil or ½ teaspoon dried
whole chicken breasts (about 3 lbs.), halved
ablespoons butter
ablespoons olive oil
nedium tomatoes, peeled, seeded and chopped
easpoon salt
easpoon freshly ground pepper
ablespoons flour combined with 3 tablespoons water

owl combine wine, garlic and s. Pour over chicken in shallow and marinate 2 hours, turning ral times. Drain chicken, reserving inade. Pat dry. In large skillet melt er with olive oil. Saute chicken 3 utes per side. Add reserved mari- , tomatoes, salt and pepper; cook medium heat 20 to 30 minutes, l tender.

ansfer chicken to serving platter keep warm. Add flour mixture to e in skillet and cook, stirring, 5 utes. Spoon over chicken. Makes 6 ings, 305 calories each.

ORDFISH STEAKS WITH OCADO BUTTER

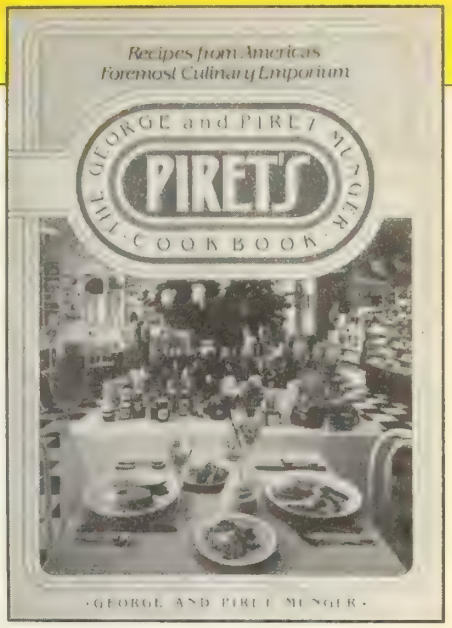
cup salad oil
cup soy sauce
cup lemon juice
2 teaspoons Dijon mustard
1 teaspoon grated lemon peel
1 garlic clove, crushed
8 swordfish steaks (6 oz. each), pricked with a fork
Lemon wedges and chopped parsley, for garnish

Avocado Butter

½ cup butter, softened
½ cup mashed ripe avocado
5 tablespoons lemon or lime juice
2 tablespoons chopped parsley
2 garlic cloves, minced
Salt to taste

In small bowl whisk together salad oil, soy sauce, lemon juice, mustard, lemon peel and garlic. Place swordfish in shallow baking dish; pour on marinade. Turn swordfish to coat well. Cover and refrigerate at least 1 hour or up to 6 hours.

Prepare grill or preheat broiler. Drain swordfish, reserving marinade. Grill 5 to 6 minutes per side, brushing often with reserved marinade. Garnish with lemon wedges and parsley. Serve with Avocado Butter. Makes 8 servings, about 325 calories each without butter. *Avocado Butter:* In bowl cream butter. Beat in remaining ingredients. Refrigerate until ready to serve. Makes 1¼ cups, 50 calories per tablespoon. **End**





Butterball Bourguignonne!

CREATE A NEW CLASSIC
with Butterball instead of beef—a fresh twist on a French country favorite.

BUTTERBALL

TURKEY BOURGUIGNONNE
Yield: 8 servings

3-pound Butterball boneless breast of turkey, thawed
Oil
1/4 teaspoon parsley flakes
1/4 teaspoon thyme leaves
1/4 teaspoon garlic powder
1 bay leaf, crushed
1 medium carrot, sliced thin
1/4 cup red wine
1/2 cup water
1 can (15 ounces) tomato sauce
8-ounce gravy packet included with turkey
1/2 teaspoon sugar
1/2 cup canned pearl onions, drained
1 jar (2 1/2 ounces) sliced mushrooms, drained
8 small potatoes, cooked

Brush turkey with oil. Combine parsley, thyme, garlic powder and bay leaf. Sprinkle over turkey. Bake turkey according to package directions. Wrap carrot in foil. Bake in oven with turkey during last 45 minutes. Remove turkey from pan and wrap in foil. Let stand 10 to 15 minutes. Pour wine and water into roasting pan stirring to combine with pan juices. Blend in tomato sauce, contents of gravy packet and sugar. Bring to boil, stirring constantly. Add carrot, onions and mushrooms. Simmer 5 minutes, stirring occasionally. Remove netting from turkey. Slice turkey and serve with potatoes and sauce.

Look for more classic recipes in the package. Beatrice

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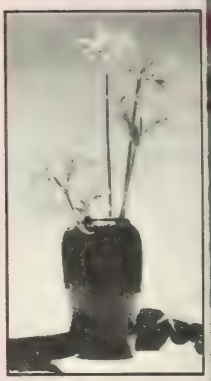
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DECORATING HOTLINE

Expert tips for brightening an entrance hall and adding new dimensions to windows.
By Kathy Robitz

FLOWERS FOR SHOW



For a unique, contemporary flower arrangement, floral designer Zezé, of New York City, suggests using only one or two buds instead of a large, traditional bouquet. Long-stemmed flowers, such as tulips, orchids, or the vinelike gloriosa lily, exhibit a natural grace and an ever-changing form as they constantly move toward the light, says Zezé. Arranged in a simple bud vase or shallow bowl, they add a note of beauty to any table.

Here are a few tips on making cut flowers look sensational: Try lining the bottom of the vase with ivy, for anchoring flowers as well as for aesthetics. Frogs—padlike devices with short bristles or teeth—also provide excellent support at the bottom of a vase. And if you like clear glass vases, Corning makes clear and colored glass marbles that anchor stems and look great at the same time.

et rid of nasty
ildew stains.



GRAND ENTRANCE

Q *MY ENTRANCE HALL IS DARK AND DULL. HOW CAN I BRIGHTEN IT UP?*

A If at all possible, find a way to bring some natural light into the space. Interior designer Beverly Ellsley, of Westport, Connecticut, suggests adding a skylight, a door with glass inserts, or windows on either side of the door.

Another alternative, especially for apartment dwellers, is recessed lights, which add a warm glow to a gloomy hallway.

Ellsley also recommends a light color scheme for walls and floors. But this doesn't mean that the overall look of the area should be bland. On the contrary. "I think a hallway is a great place to get a little wild," says the designer. "Because it's a place you just pass through and don't really spend a lot of time in, you can choose a more exuberant pattern for the wall covering than you would for a living room."



The Stock Market

On the other hand, particularly if the hall is tiny, you can paint the walls a light neutral color and go all out with a bright and busy cotton dhurrie rug or a gorgeous silk Oriental.

In fact, because most entrance halls are rather small, they offer an excellent opportunity for you to use attractive rugs or patterned carpets that might be too costly in a larger size.

Also, be sure to include one open surface—even if it's just a small shelf for the mail—and a mirror. Besides its practical purpose, a mirror will give the illusion of added space.

If your problem is that you have too much space in the entrance hall, cozy it up, English-country-house-style: Position a large round table in the center and top it off with a lush arrangement of flowers. If you're not lucky enough to own one of your grandmother's heirlooms, any round surface will do when camouflaged by an elegant tablecloth. And on the walls you can use a darker color, such as lacquer red or hunter green, to make the area warmer.

/ TRENDS IN BATHS

risp, cool whites and classic
ral tones for sinks and tubs have
aced the bright primary colors that
popular in the past few years but
so difficult to keep looking clean.
ow basins and faucet handles can
ustom painted with flowers or
r designs (you can even match
favorite china pattern or pick up
ttern from your wallpaper). The
nel is baked on for a permanent
h that won't chip.
or a completely coordinated
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Here are two easy, inexpensive do-it-yourself window treatments that can add a custom touch to any room in your home. Peel-to-Width shades by Kirsch are made of textured vinyl and designed to fit any window between 25 and 73 inches wide and up to six feet long. Available in white and ecru, they come in two densities—light-filtering and room-darkening. All you need to complete the job is a set of brackets (sold separately) and a pencil. You can buy Peel-to-Width shades at most department stores and home centers, or call 800-528-1407. Prices start under $10.

UPER SHADES If you can sew a straight line, check out Made in the Shade, which offers a kit that provides everything you need (minus the fabric) to create a balloon shade or a Roman shade. Both kits accommodate windows up to 64 inches in length and come in two widths: 36 inches ($30) and 48 inches ($35). For information, write to Made in the Shade, 70 Clarendon Place, Buffalo, NY 14209.

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gets rid
of both.
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Mystic, Connecticut 06355

TRAVEL TALK

Safaris in eastern Africa, Expo 86 in Vancouver and discount airfares. By Lois Reamy

TRIP OF THE MONTH: EAST AFRICA



Even before *Out of Africa* hit the screen, New York City travel agent Ellie Curto was sending clients to East Africa—partly because she likes the region so much herself. "The African sky is just wonderful," she says. She's also enthusiastic about being close to the wildlife that wanders free on the huge game preserves.

"First-timers should go for about two weeks," she suggests. "It's too far to travel for shorter stays...and more time is hard if you're not used to adventuresome living." After a day of roughing it in the bush, you'll enjoy being able to return to a luxurious lodge. Ellie's agency, Bellinger Davis, often books its safari clients through Abercrombie & Kent, tour packagers who are real Africa pros.

Among the tours that likes for beginners is sixteen-day Livingstone fari for its variety of parks in Kenya and Tan (Lake Manyara, Seren Masai Mara, etc.) and in the eerie Ngoron Crater, where zebra, ga ostrich and rhinoceros roam. From July October 31 (high season) rates are $2,779 person double occupancy, plus airfare. (April, and November are the rainy months in East A

Ellie also likes the Adventure Safari, includes a stay at William Holden's Mount K Safari Club, and Wings over Kenya, in which y between preserves. "And teenagers should nitely take the hot-air balloon ride over the M Mara reserve. Kids love it."

A catalog is available from Abercrombie & 800-323-7308, or 312-954-2944 in Illinois.

EXPO 86 FLAGSHIP

The showstopping Canadian pavili at Expo 86 (the world's fair in Vancouver, British Columbia, May October 13) looks like a gigantic ocean liner with five billowing sails It's permanently moored in the city harbor (where it will be a pier and conference center). Here, Expo visit will journey into space and under t sea via high-tech films, watch balle Indian native dances, eat in a glass walled restaurant on the prow and even stay at the pavilion's Pan Paci Hotel (604-662-8111). For Expo info contact P.O. Box 24-1986, Seattle, W 98124-1986 or call 604-660-EXPO.

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- 1 envelope Knox® Unflavored Gelatine
- ½ cup sugar
- 1 cup boiling water
- 2 packages (8 oz. ea.) cream cheese, softened
- 1 teaspoon vanilla extract
- 9-inch graham cracker crust
- 1½ cups blueberries
- ¼ cup apricot preserves, heated

In large bowl, mix gelatine with sugar; add boiling water an until completely dissolved. With electric mixer, beat in crea cheese and vanilla until smooth. Pour into prepared crust; until firm. Top with blueberries, then brush with warm prese Makes 8 servings.

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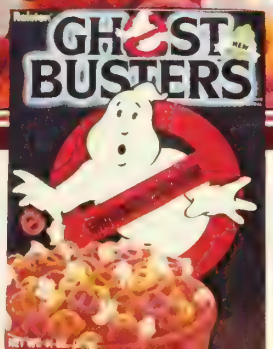
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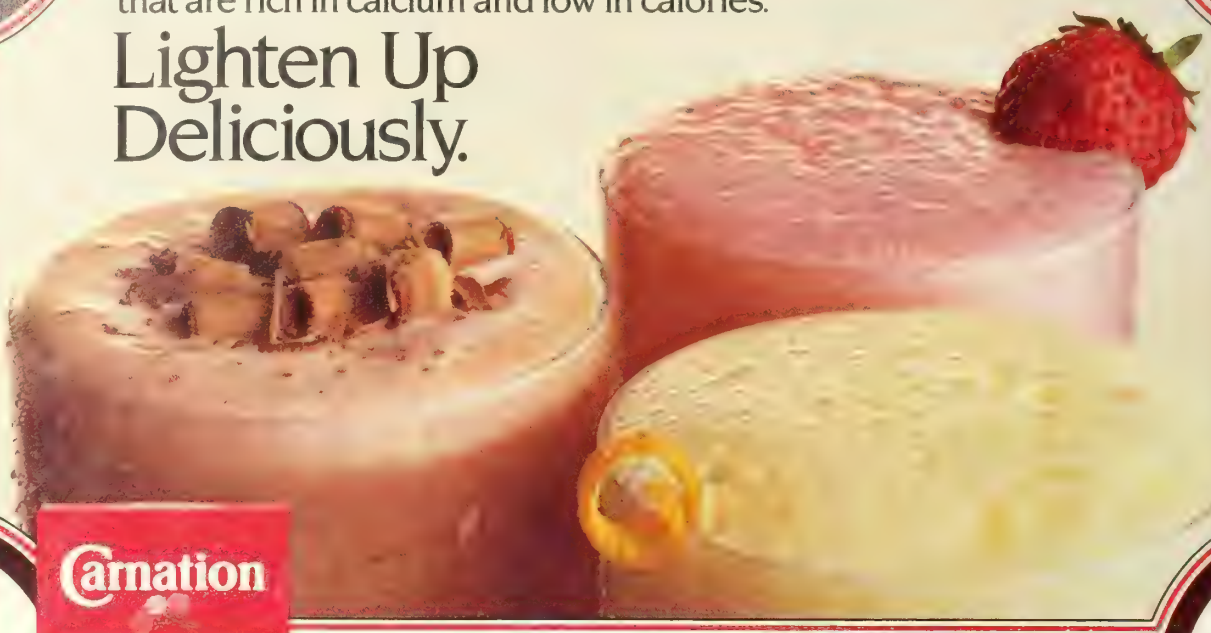
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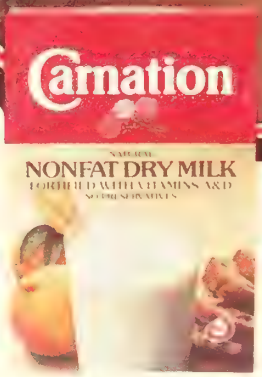
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¼ C water
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1 C ice cubes
Place all ingredients in blender container. Cover. Blend until ice is crushed. (Makes 1½ cups.)

Calcium 450mg Calories 260

ORANGE SHAKE
1 C orange juice
½ C dry CARNATION® Nonfat Dry Milk
1 to 2 Tbsp. sugar
½ tsp. vanilla
½ C ice cubes
Place all ingredients in blender container. Cover. Blend until ice is crushed. (Makes 2 cups.)

Calcium 320mg Calories 239

STRAWBERRY SHAKE
1½ C fresh or thawed frozen unsweetened strawberries
½ C dry CARNATION® Nonfat Dry Milk
¼ C plain yogurt
1 to 2 Tbsp. honey
½ tsp. vanilla
½ C ice cubes
Place all ingredients in blender container. Cover. Blend until ice is crushed. (Makes 2 cups.)

Calcium 414mg Calories 259

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Nature Bread

2 packages active dry yeast
2¼ cups lukewarm (105°-115°F.) water
1 cup raisins
¾ cup wheat germ
¾ cup shredded carrots
⅔ cup CARNATION® Instant Nonfat Dry Milk
⅓ cup GRANDMA's® Molasses
⅓ cup oil
3 tablespoons sugar
1 tablespoon salt
2½ cups whole wheat flour
3½ to 4 cups all-purpose flour
Melted butter

Dissolve yeast in water in large bowl. Stir in raisins, wheat germ, carrots, nonfat dry milk, molasses, oil, sugar, salt, whole wheat flour, and 1 cup all-purpose flour. Beat vigorously with wooden spoon 1 minute. Stir in about 1½ cups all-purpose flour to make a stiff dough. Turn out on floured surface. Knead until smooth and elastic, working in additional flour, about 10 minutes. Place in well-buttered bowl, brush top with butter. Cover; let rise in warm place until doubled in bulk, about 2 hours. Punch down; divide in half. Roll each portion into 8x12-inch rectangle. Roll up, starting at short end. Tuck ends under and seal. Place in two buttered 8½x4½x2½-inch loaf dishes. Cover; let rise until doubled in bulk, about 1½ hours. Bake in moderate oven (350°F.) 30 to 40 minutes, or until loaves sound hollow when tapped. Remove from dishes; cool on wire racks. Brush tops with butter while still hot, if desired. Makes 2 loaves.

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*23K gold rim

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little girl and her playful pup have aked havoc in Mother's garden, and the youngster must stand in the er for her misdeed. Accepting his e of the blame, her loyal dog takes lace by her side, awaiting the time n they can again frolic and play.

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RESPOND BY:
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MONEY NEWS

Up-to-the-minute advice to help you manage your money
By Katherine Barrett and Richard Greene



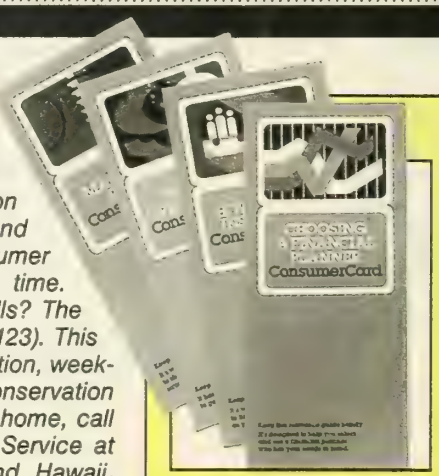
Richard Osaka

CONTEST CONS

You're thrilled. You've just received a phone call from a promotional firm congratulating on winning a color television set or an exciting trip to Mexico. These riches will be yo the caller tells you, if you simply verify the number of your credit card by reading it to Don't do it. Contest ripoffs are plaguing consumers in several states. One firm, the Executive Card Travel Club, told selected consumers they had won a Hawaiian vacation. But "winners" had to join club—by giving a credit card number. "A forty-five-dollar membership charge was processed, but there wa vacation," says Jill Pace, executive director of the National Association of Consumer Agency Administra Fortunately, the operation was closed down shortly afterward. The moral of this story—never give your credit card number over the phone unless it's a business or individual you know.

SIZZLING HOTLINES

Whether you're looking for savings bond rates or want to find out your banking rights, the answer may be only a phone call away. Here are some toll-free numbers that will help you get information on money or consumer issues. ● *For questions on property and casualty insurance, call the Insurance Information Institute's Consumer Hotline at 800-221-4954, weekdays 9 A.M. to 5 P.M., Eastern time.* ● *Interested in reports about car safety problems or auto recalls? The number to call is 800-424-9393 (in Washington, D.C., 202-426-0123). This line is operated by the National Highway Traffic Safety Administration, weekdays 8 A.M. to 4 P.M., Eastern time.* ● *To find out about energy conservation and the latest short-term renewable energy technology for your home, call the Conservation and Renewable Energy Inquiry and Referral Service at 800-523-2929 (in Pennsylvania, 800-462-4983; in Alaska and Hawaii, 800-233-3071), weekdays from 9 A.M. to 5 P.M., Eastern time.* ● *Got a complaint or question about a state-chartered bank? Call the Federal Deposit Insurance Corporation's consumer hotline at 800-424-5488 (202-389-4473 in Washington, D.C.) from Monday through Friday, 8:30 A.M. to 4:45 P.M., Eastern time. (The FDIC does not handle inquiries on the 10 percent of state-chartered banks that belong to the Federal Reserve.)* ● *For a round-the-clock recording of information and the latest rates on U.S. Savings Bonds, call 800-US-BONDS (in the Washington, D.C., metropolitan area, call USA-8888.)*



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HELPLINE

Q When I left a parking garage I discovered my car radio was missing. The attendant pointed out a small sign that said the garage was not liable for theft. Can they do this?

Probably not. While courts around the country are inclined to accept the idea that garages and other service establishments such as restaurants can limit liability by posting a sign, the business must be sure that its clients can actually see and understand it.

"The court won't let them off the hook unless the sign was clearly visible in big letters," says Norman C. Kleinberg, a partner with the New York City law firm of Hughes Hubbard & Reed. Kleinberg explains that the sign in the garage represents a kind of contract between you and the garage owners. If you didn't see the sign when you parked, then you coul have been a party to the contract, the garage will have to make so kind of settlement to compensate for the theft of your radio.



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Once Sharon Hudson, wife and mother of two, lived in luxury. Suddenly, she found herself scrubbing other women's toilets. Guess what happened to Sharon.

UNHAPPY ENDINGS

The shocking truth about divorce today

Three years ago, Sharon Hudson lived in a sprawling $170,000 house and had a cleaning woman to help her.

Then she became a cleaning woman—"Thirty dollars to do a house top to bottom," she sighs. Sharon cleaned other women's kitchens and bathrooms to support herself and her two children. She lost the full-time job she loved—being a wife, mother and homemaker. After eighteen years, there was no severance pay, no alimony. Married under the old rules, when wives and mothers were supposed to be protected, she was divorced under the new ones, in which women stay home at their own risk. Though she's got a new job as a receptionist, the pay is low. These days, she rents a small house with an unintentionally ironic address. Sharon and her children are living on Easy Street.

Every twenty-seven seconds, someone in this country gets divorced, pushing the total over one million cases a year. And, despite a slight dip in the rate recently, close to half of all marriages today are expected to end in divorce. For women and men alike, it is an experience of pain, anger, guilt and grief over the betrayal of once-high hopes. But for women, divorce often brings a special kind of suffering—poverty. According to a recently published book, *The Divorce Revolution* (The Free Press, 1985), by a Stanford University sociologist, Lenore J. Weitzman, Ph.D., the average woman's standard of living falls by a disastrous 73 percent in the year after divorce; the average divorced man's standard of living goes up by a comfortable 42 percent.

Legally, of course, this should not be happening. After all, we're in the age of no-fault divorce—California was the first state to adopt a no-fault law, in 1970, and now every state except South Dakota has similar legislation. Under the law, either party can sue for divorce without having to show cause—mental or physical cruelty, adultery, and so on—and without the bitter public mudslinging and recriminations of years past. This is also the age of an even newer law: equitable distribution. In the old days, when a marriage ended, property was awarded to whoever held title to it—usually the man.

Today, when a marriage ends, a judge determines an equitable distribution of the marriage property—homes, businesses, investments, and pensions. At least it is *supposed* to be equitable.

In truth, only 17 percent of women are granted maintenance (a usually temporary form of alimony), with the average award being a below-poverty-level $350 a month. And of that 17 percent, only a very few actually collect. Moreover, since the divorce laws are so vague, leaving much to a judge's discretion, a staggering number of divorced women and their children are quietly becoming what sociologists call the new poor. Consider some of the facts and figures of divorce in the 1980s:

By Claire Safran

- Women do not recover quickly from their dizzying financial fall. Five years after a separation—according to a landmark study of divorce, *Surviving the Breakup*, by social worker Judith Wallerstein and psychologist Joan Kelly (Basic Books, 1980)—one in three divorced mothers is still caught in a daily struggle for financial survival. Only one in five lives in financially stable circumstances.
- When marital money and property are divided, men still keep the lion's share. On a national average, women are getting only 30 percent.
- The courts apparently do not expect children to live in the style to which their fathers are accustomed. One California survey revealed a shocking paradox: The more a father earned, the smaller the percentage of his income that went to his children after the divorce. At a net income of $10,000 to $30,000 a year, divorced men were asked to spend 25 percent on their children. At $50,000 or more, they were asked to pay only 5 percent.
- The average award for child support is $126 a month for one child and $195 for two or *(continued)*

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UNHAPPY ENDINGS
continued

more, despite the fact that according to recent government estimates, it costs at least $221 a month to raise just one child in even a low-income setting. What's worse, in more than half the cases, full child support is never paid. Unpaid support totals an astonishing $3.8 billion a year, or almost half what the government spends on Aid to Families with Dependent Children (AFDC), as welfare is formally called.

Lost in the system

Cases like Sharon Hudson's, in fact, are typical of a divorce system that has plenty of loopholes and little muscle.

At Sharon's separation hearing, the court awarded her $2,500 a month in combined child support and spousal maintenance based on her husband's income of $80,000 a year. Out of that, Sharon was supposed to pay the $1,100 mortage payment, a $300 utility bill, several hundred dollars in private-school tuition, and outstanding medical and clothing bills before she could start buying food. "But the checks never came," Sharon said.

Then, a few months later, when Sharon's husband appealed the amount, citing hardship, the judge cut Sharon's award to $1,600. (Slicing support awards is not uncommon. One judge, asked in open court how he could possibly do that, replied, "Well, I'm a divorced man. That's how.")

When Sharon's divorce became final, her situation went from awful to impossible. Her state, Texas, is the only one that does not allow a judge to award maintenance after a divorce becomes final, so the spousal support she received during separation stopped. The state intends to provide for women like Sharon by dividing up the marital property. But Sharon's husband had once warned her, "I'll leave you with nothing"—and he kept that promise.

Sharon's house, and the $70,000 equity in it, was lost when her husband refused to make the mortgage payments Sharon had missed. During a winter freeze, a water pipe broke, ruining thousands of dollars in furnishings. There was no insurance, because her husband had ignored a court order to keep up the premiums. Nor was there a share of her husband's business, because according to his accountants, it was now deeply in debt.

All that Sharon could hope for was child support. Based on her husband's income (which by then had fallen to $48,000), the guidelines called for $700 to $1,100 a month for two children. But as often happens, the judge set it close to the bottom: at $800, or a scant one fifth of the father's income.

If that seems shockingly low, judges have an explanation. "We are cau between a rock and a hard place," Judge Francis X. Hennessy, of H ford, Connecticut. "If the award is low, we are putting the woman and children below the poverty level. I too high, the man won't pay, and the woman gets nothing."

But even with low awards, men are not paying. Sally Donald (not real name), of Pittsburgh, is a cas point. Five feet two and worried d to ninety-three pounds, she gue that her former husband ea $36,000 last year as an insulatio staller. By law, if he's thirty days with his $700 check—for comb child support and maintenance—can go to court to have his salary nisheed. She's been there sixteen ti but he's always a day ahead of Working for different contractors changes jobs on the twenty-ninth after payments are due. Since he's employed at the thirty-day deadline salary cannot be garnisheed—Catch

Unable to pay her rent, Sally and two children—aged three years an months—have had to move thir times in the past two years. Somet they've been evicted. Other times, to the landlord from selling her few be ings, Sally has stolen away in the m of the night. At her lowest point huddled with her babies in a Salv Army shelter. *(contin*

WHAT YOU SHOULD KNOW ABOUT DIVORCE (EVEN IF YOU'RE HAPPILY MARRIED)

Because the future is unpredictable, Doris Jonas Freed, a national family-law expert in New York City, offers these tips for every woman.

- Be able to support yourself. Think about education, job training, part-time work. "Don't be so confident that you fail to build something for yourself," says Freed.
- Keep records. Marriage is an economic partnership, so be aware of what each of you earns and owns—personal and business property, pensions, insurance, investments. Know where important documents are kept, and make your own copies.
- Put some of the property in your name or jointly. "In theory, the title on the deed doesn't count," explains Freed. "In reality, some judges are loath to give the woman property that's in the man's name."
- Some experts advise considering a marriage contract. No matter how long you've been married, you can draw up a nuptial agreement, in which you and your husband agree on how you'll share assets and responsibilities during marriage and, if worst comes to worst, after it. "Such a contract does not kill love," says Freed. "It protects the future."

Should you find yourself actually facing the prospect of divorce, here's what to do.

Seek the advice of a mediator If you and your husband are still talking to each other, mediation can help you reach a friendlier solution, especially on child custody. Mediators act as neutral arbiters to help couples reach an amicable agreement. Often, their services are less costly than those of a lawyer. For the name of a divorce mediator in your area, write to National Center for Mediation Education, 2083 West St., Suite 3F, Annapolis, MD 21401, or call 301-261-8445.

Find a lawyer "Nobody ever said divorce was easy—or cheap," says Freed. Every minute with a lawyer costs you money, so be prepared with a written summary of what's happened, copies of all financial papers and a list of questions. The best lawyer is not the one who says, "Let's take him to the cleaners" but the one who urges, "Let's find a way to be fair to everyone."

Look for a specialist in divorce family law. According to a survey members of the American Bar Ass ciation family-law section, fees ave age $60 for a first consultation, $4 for a retainer and $75 an hour f working on the case. For specialist prices can range from $100 to $3 an hour. Hire the best lawyer th you can afford.

Get recommendations from frien and your local bar association. Son YWCAs have legal clinics, free or a modest charge. In many state women's rights organizations can r fer you to a lawyer. Or write to NO Legal Defense and Education Fun 99 Hudson St., New York, NY 1001

Join a support group Although chil support is a major concern, suppo groups for divorced women offer a vice on many other issues, as well information on your legal rights an in some cases, legal assistan Check with your local directory a sistance operator or write to Chil Support Network, Parents Witho Partners Inc., 7910 Woodmont Av Suite 1000, Bethesda, MD 20814, call 800-638-8078.

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UNHAPPY ENDINGS
continued

Sally was rescued from the shelter by a group called SUPPORT, which helped her move into a clean three-bedroom apartment in a public-housing project. Her rent is now $29 a month, a taxpayers' subsidy for what the children's father refuses to pay. She's also receiving $53 a month in food stamps, plus some coupons from the federal government's special nutrition program for women and children.

But without child care, Sally cannot go out to earn money to support herself. Without money, she cannot pay for, among other things, the routine inoculations her baby ought to have. And because of her "anticipated income"—the support checks that almost never come—she is not eligible for welfare.

"How can a father be so inhuman to his own children?" Sally asks. Rosemary Palmer, the director of SUPPORT, has been collecting answers to that question. She has a list of "excuses of the month" from nonpaying fathers, and among the more amazing are: "I bought the kids a birthday gift. What more does she want?"; "My girlfriend just had a baby"; even "I had to buy my season tickets for the Steelers."

There is a final drastic step Sally can take to get her ex-husband to cooperate: "I don't want to put him in jail," she sighs, "but when I think of the places these children have been and the things they've done without . . ."

Birth of a crisis

How, when the new laws were supposed to bring an end to the nightmare of divorce, could the situation have gotten so desperate? Those who have studied the law—many of them the planners and champions of no-fault divorce—point to several factors, probably the most significant of which is the open-ended nature of the law itself.

To accommodate as many cases as possible, divorce reformers purposely made the law flexible—brief, childless marriages, they reasoned, would involve less pain and fewer problems than long unions with children. But they left so much leeway that judges do not agree on how the law should be interpreted. Too often, notes Hennessy, "the fair divorce is based more on hope than reality."

"Nationwide, judges are the biggest problem," reports James O'Flarity, a West Palm Beach, Florida, attorney and recent chair of the American Bar Association family law section. He describes the situation today as courtroom roulette: "Go to ten different judges and you get ten different results."

Why is there such injustice? M critics believe that the women's m ment—with its emphasis on inde dent women—has boomeranged significantly affected the way judg most of whom are men—view the flicting sides in divorce cases.

"Many judges today are beguile the progress of women," explains L Hecht Schafran, director of the tional Judicial Education Progra joint project of the National Organ tion for Women's Legal Defense and ucation Fund and the National Ass ation of Women Judges. "They d seem to see the difference between average homemaker and such a firs Supreme Court Justice Sandra O'Connor. They act as if any woma any age, is equipped to go out and g wonderful job."

Personal perspective colors the d sions of judges—female as well male—in other ways, too. Accordin Schafran, a female judge in her fif may look at a homemaker her own and think, I made it. Why can't she a male judge may look at the s woman and, imagining his own fut think, What! *My* wife get *my* mone

Since the law is vague, these sonal biases can drastically affect s crucial matters as maintenance, dis bution of assets, even child custody.

ıce, in most states, judges are free ard brief maintenance after a brief age and long-term maintenance a long-term one. But judges don't agree on how long a long marriage 'wenty-five years," said one New judge, "is not such a long time."

agreements about marital assets he hardest to mediate. In Sally ld's case, there was nothing—no , no pension, no investments—to e, and that's common. According e survey in California, about half vorcing couples have less than 00 in marital property. As a re- the most valuable asset in the ma- of marriages is the man's pay- t. Yet when a couple divorce, how u split the paycheck fairly? More- how do you equitably divide the lard of living—so-called career as- –that a medical or law degree, rity and pension benefits, or even mber's reputation and goodwill be- ? Many men earned such status because their wives sacrificed own careers or education to put through school and raise their lren. (In a recent New York State g, the ex-wife of a doctor was ded $188,800 as her fair share of husband's medical license.)

her report, Lenore Weitzman sur- d judges in San Francisco and Los Angeles on distribution of assets. One third of the judges interviewed said they adhered to an informal rule that allowed a ceiling of not more than half a man's income for combined support of his wife and children. The other two thirds said that when appropriate, they would give more than half.

Yet what the judges say is often different from what they do. In Weitzman's survey, a look at actual court decisions showed the ceiling was not one half but one third, and most awards were far below that. "That leaves large numbers of divorced women with three choices," says Weitzman. "Remarriage, employment or welfare." Society hopes that women will choose one or both of the first two, but some women can't.

For one woman in Madison, Wisconsin, those choices amount to no choice at all. Since she is in her fifties, her chance of remarrying is less than 28 percent. So to prepare herself for a good job after twenty-eight years as a homemaker, she wanted her husband, who earns more than $30,000 a year and had just inherited a trust fund of $850,000, to help her through law school. A judge told her, "At your age, you don't need to become a lawyer." She is appealing his decision.

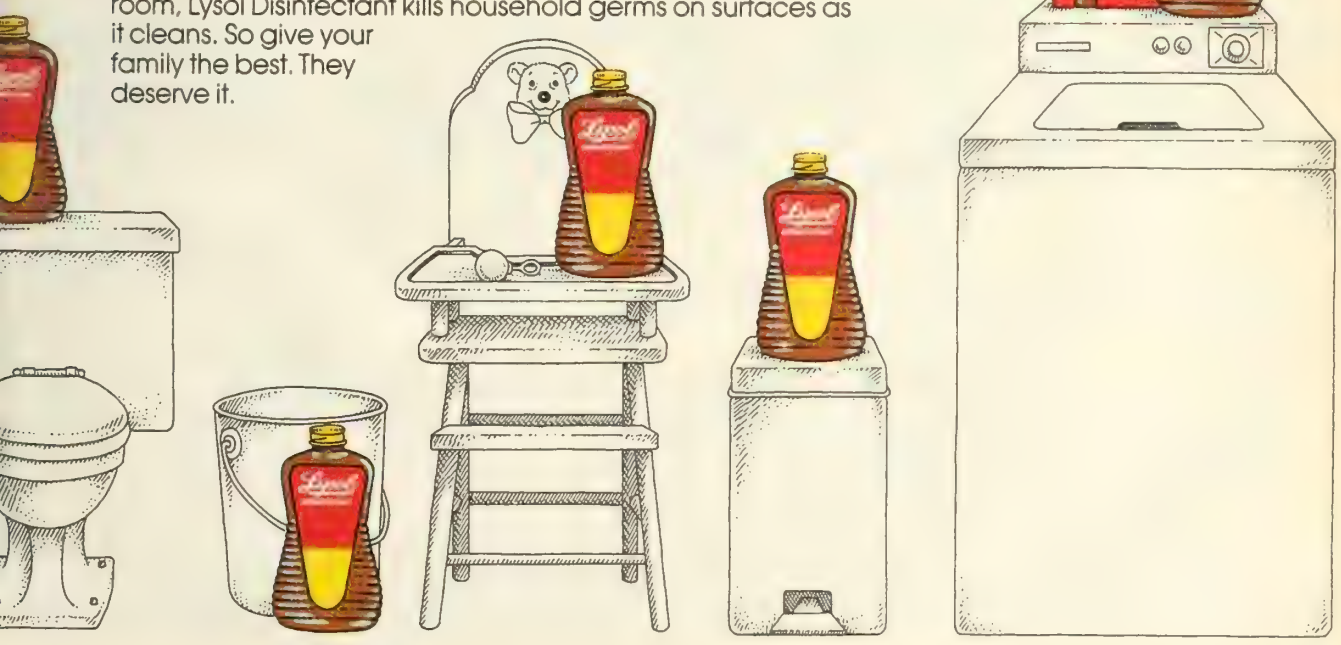
"I raised three children who are an asset to society," she says. "Now society has the nerve to tell me to get a job at three-fifty an hour." Her meager maintenance forced her to move into an apartment so small she had to leave behind her beloved piano—for her husband's new wife to play. "You don't have room for a piano," the judge told her. "The court gave me just enough money to keep me off welfare but not enough to live on," the woman says.

Custody battles in particular are open for widely varying, often tragic decisions. For Lynda Smith, of Mystic, Connecticut, the bitterest battle in her divorce was over her two sons. The "other woman" in Lynda's marriage showed up as a surprise witness at the custody hearing. She was there to prove it would be better for Chris, Lynda's then-eleven-year-old son, to live in a two-parent household than with only his real mother. "As if you could just swap a new mother for an old one," Lynda protests.

To Lynda's shock, the judge divided the two Smith brothers along with the other "marital property." Lynda was awarded the family home and $200 a week in combined maintenance and support for her six-year-old son (even though she was earning just $16,500 and her husband and his fiancée had a combined income of $66,000). Initially, the judge *(continued on page 161)*

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From the forthcoming book THE FOUR SEASONS SPA CUISINE. Copyright © 1986 by Seppi Renggli, Paul Kovi and Tom Margittai, to be published by Simon & Schuster. Printed by permission.

Above: Matembre (Stuffed Flank Steak). Inset: Chef Renggli holds Asparagus with Yellow Pepper Sauce. Recipes for these and for Steamed Spring Chicken in Romaine, Whole Wheat Linguine with Spring Vegetables, Savory Wild Rice, and more begin on page 104.



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SPA CUISINE

continued from page 102

ASPARAGUS WITH YELLOW PEPPER SAUCE

pictured on page 102

Yellow Pepper Sauce

- 1¼ pound yellow peppers, coarsely chopped
- 1 medium onion, coarsely chopped
- ½ cup water
- 1 garlic clove, crushed
- 1 tablespoon walnut oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- Pinch crushed red pepper flakes

1¼ pounds asparagus, trimmed

- ½ cup finely diced red pepper
- ½ cup finely diced yellow pepper
- Freshly ground pepper

Yellow Pepper Sauce: In heavy saucepan combine all ingredients. Bring to a boil; reduce heat. Cover and simmer 30 minutes or until very soft. Cool. In food processor or blender puree until smooth. Strain through fine sieve. In small saucepan reheat over medium-low heat.

In saucepan with steamer basket bring 1 inch water to a boil. Place asparagus in basket; cover and cook 3 minutes. Divide sauce among 4 serving plates. Top with asparagus and garnish with diced red and yellow pepper and a few grinds of black pepper. Makes 4 servings, 105 calories each.

MATEMBRE (STUFFED FLANK STEAK)

pictured on page 102

- ½ cup diced carrot
- ½ cup diced celery
- ½ cup diced red pepper
- ½ cup diced green pepper
- ½ cup green peas
- ⅓ cup diced red onion
- 2 garlic cloves, minced
- 1 tablespoon minced jalapeño pepper
- 2 slices whole wheat bread, cubed

1¼ pounds flank steak, butterflied*

- 1 cup beef broth
- 1 teaspoon cornstarch dissolved in 1 tablespoon water

Preheat oven to 375°F. In medium saucepan bring 2 cups water to a boil. Add carrot, celery, peppers, peas and red onion. Cook 1 minute; drain well. In medium bowl combine blanched vegetables with garlic and jalapeño.

Reserve 1 cup vegetable mixture. To remaining vegetables stir in bread; spread over meat. Starting with short side, roll up carefully jelly-roll fashion. Tie with string at 1-inch intervals and lengthwise around edges. Transfer to 9x5-inch loaf pan. Roast 1 hour, turning every 10 minutes, until tender. Transfer to cutting board and let stand 20 minutes. Remove string. Cut roll into ½-inch slices and place in baking dish. *(Can be made ahead. Cover and refrigerate up to 24 hours. Bring to room temperature and reheat covered in 375°F. oven 15 minutes.)*

In medium saucepan combine reserved vegetables with broth and bring to a boil. Stir in cornstarch and cook just until sauce starts to thicken. Spoon over meat and bake 10 minutes or until heated through. Makes 4 servings, about 290 calories each.

**To butterfly:* Freeze steak on cookie sheet 15 minutes. Starting on one long side, cut steak in half horizontally, but do not cut all the way through. Open steak up like a book. If necessary, pound steak to ½-inch thickness.

STEAMED SPRING CHICKEN IN ROMAINE

- 4 chicken breasts (about 5 oz. each), skinned and boned
- ½ cup low-fat plain yogurt
- ½ teaspoon dried lemongrass or ¼ teaspoon lemon pepper
- ½ teaspoon red pepper flakes
- ½ teaspoon cumin
- 1 garlic clove, crushed
- 2 cups chicken broth
- 16 large romaine lettuce leaves
- ½ recipe Savory Wild Rice (recipe follows)
- 1 pound carrots, cut into ¼-inch slices
- 2 green onions, sliced
- ¼ cup chopped chives

Pound chicken breasts between 2 sheets of wax paper to ¼-inch thickness; place in baking dish. In small bowl combine yogurt, lemongrass, red pepper flakes, cumin and garlic. Rub into chicken. Cover and refrigerate at least 3 hours or overnight.

In saucepan bring chicken broth to a boil and cook until reduced to ¾ cup. In large saucepan of boiling water cook romaine just until soft, about 3 minutes. Drain; pat dry and trim.

Drain chicken, reserving marinade. Arrange 4 romaine leaves, slightly overlapping, on work surface. Place 1 breast in center and top with ¼ cup wild rice. Fold chicken around rice; wrap lettuce tightly around chicken. Repeat with remaining romaine, chicken and rice. Place each package on a 14-inch sheet of plastic wrap. Fold in sides and roll up jelly-roll fashion.

In large saucepan or wok with steamer rack bring 1 inch water to a boil. Place chicken rolls and carrots on rack; cover and cook 15 minutes. Transfer chicken to plate. Add green onions to carrots. Cover and remove from heat.

With scissors snip a small hole in each package; reserve liquid that runs out. In small saucepan combine reserved liquid, marinade and reduced broth. Simmer over medium heat 1 minute. (If sauce separates, re from heat and whisk vigorously.) in chives. Remove wrap from chi rolls. Cut diagonally into 4 or 5 s and arrange on plates. Drizzle some sauce; pass remaining. Serve carrots and green onions. Makes 4 vings, 440 calories each.

SAVORY WILD RICE

- 1 tablespoon sesame oil
- ⅓ cup chopped onion
- ⅓ cup chopped celery
- ½ teaspoon minced garlic
- ½ teaspoon minced jalapeño peppe
- ⅔ cup uncooked wild rice
- 1 bay leaf
- 2 tablespoons pine nuts (pignoli), toa
- 2 cups chicken broth

In medium saucepan heat sesame Add onion, celery, garlic and jalap cook 2 minutes or until softened. remaining ingredients and bring boil. Cover and reduce heat to a mer; cook 50 to 55 minutes. Unc and cook until all liquid is absor Discard bay leaf. Makes 4 servi about 180 calories each.

LAMB WITH EGGPLANT SAUC AND KASHA

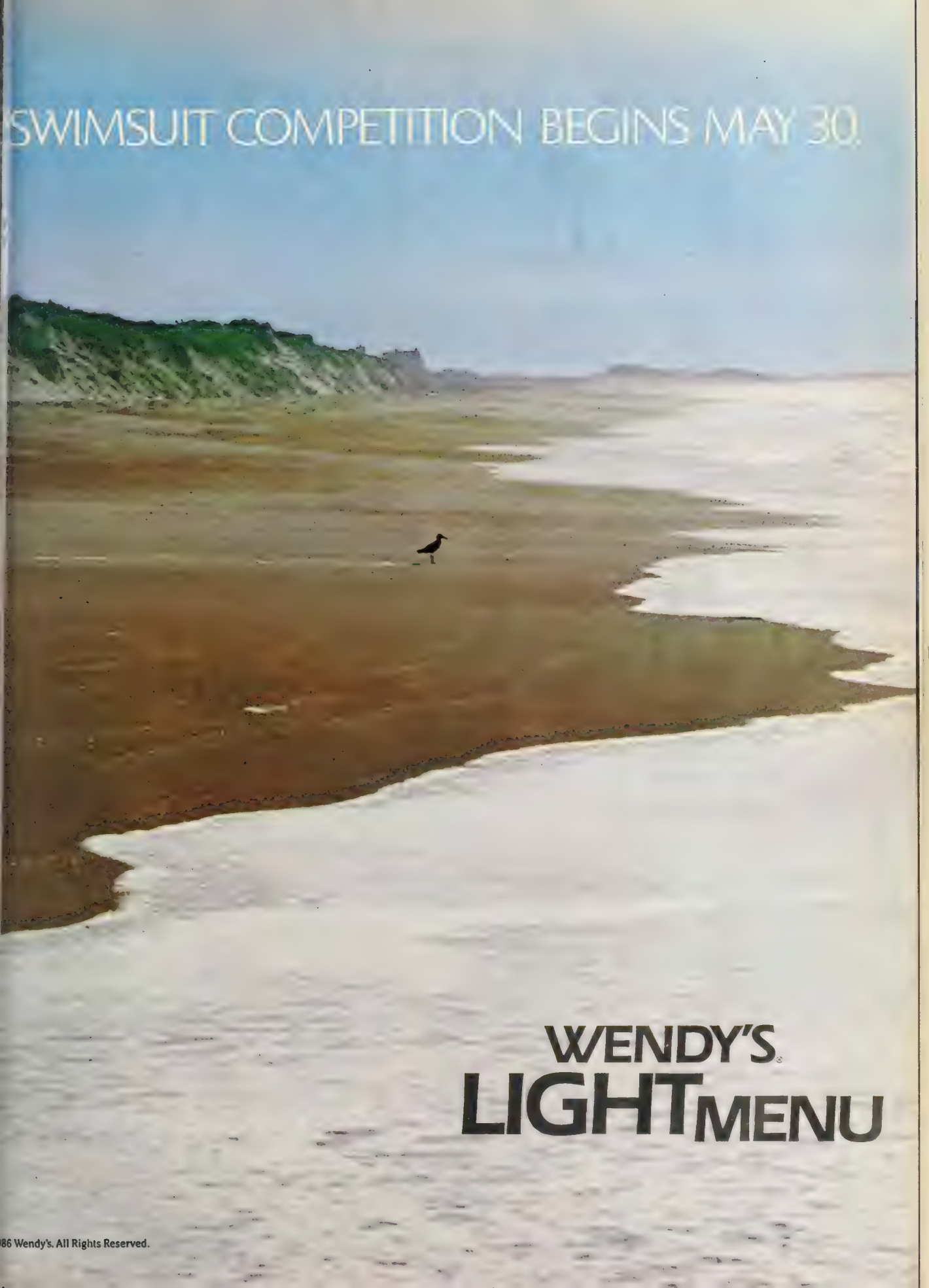
- 4 boneless loin lamb chops (about 5 oz. each), 1½ inches thic
- 2 tablespoons olive oil
- 6 tablespoons lemon juice
- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 dried chili pepper, crumbled
- 2 teaspoons chopped fresh rosemar or 1 teaspoon dried
- 1 small eggplant (about ½ lb.)
- 1 can (13¾ or 14½ oz.) beef broth
- 1 cup kasha
- 2 cups boiling water
- ¾ pound green beans

Place lamb in shallow roasting pan small bowl combine olive oil, le juice, onion, garlic, chili pepper rosemary; rub on lamb. Refrigerat least 4 hours or overnight.

Preheat oven to 400°F. Wrap e plant in foil and bake 1 hour or u soft and collapsed. Cool slightly. Cu half lengthwise. Scrape out pulp; card skin. (You should have ½ pulp.) In small saucepan combine p with broth; bring to a boil. Simmer covered until reduced to ½ cup; cool. food processor or blender puree u smooth; return to saucepan.

In heavy saucepan cook kasha o medium-high heat, stirring frequen until heated through and dry, abou minutes. Reduce heat to low. Add b ing water; cover and cook 10 minutes until all water is absorbed.

In large saucepan with steamer r bring 1 inch water to a boil. Arrange be on rack and steam until tender-crisp, ab 5 minutes. *(continued on page 1*



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Hungarian Baked Chicken

4 to 6 servings

¼ cup (½ stick) butter
1 broiler-fryer chicken (about 3 lbs.), cut up
Paprika
1 small head green cabbage (about ½ lbs.), cored and cut into ½-inch thick slices.
Salt and pepper
2 red cooking apples, cored and sliced
1 medium onion, thinly sliced
1 tablespoon grated lemon peel
2 teaspoons caraway seed
1 teaspoon sugar
1½ cups (6 oz.) shredded Swiss cheese

Melt butter in a large skillet with a cover. Dust chicken lightly with paprika. Brown chicken on all sides over medium heat. Cover; reduce heat. Cook chicken 30 minutes. Meanwhile, preheat oven to 375° F. Place cabbage slices on bottom of buttered 13 x 9-inch baking dish. Sprinkle with salt and pepper. Cover dish with aluminum foil. Bake, covered, 20 minutes or until cabbage is almost tender. Remove cabbage from oven. Uncover and arrange apples and onion over cabbage. Sprinkle with lemon peel, caraway seed and sugar. Place chicken pieces over top. Cover with foil and continue baking 25 to 30 minutes longer, or until cabbage and chicken are tender. Remove from oven; uncover. Sprinkle with cheese. Return to oven just until cheese is melted, about 5 minutes.

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A very candid conversation with Jeane J. Kirkpatrick

Although her critics may be surprised, America's Iron Lady sees herself as a pussycat. Here, she talks frankly about her career, her marriage and her presidential aspirations. *By Cindy Adams*



The private life of a public woman: Top left, Jeane at five; top right, as a high school graduate, in 1944; bottom left, as a young mother surrounded by her family twenty years ago; bottom right, with grown-up sons Doug, John and Stuart; far right, with husband, Dr. Evron Kirkpatrick, at the couple's summer retreat in France.

"I'll tell you what I'm really like," says Jeane J. Kirkpatrick. "I'm basically shy and introverted. I make a loyal friend. I have a problem-solving temperament. And it isn't that I am a depressive, but I must say I don't always look at the bright side."

How about strong and opinionated? "I *am* strong. I am *not* opinionated," she says, obviously having a strong opinion about [illegible]. "Opinionated means having an unchanging, narrow frame of reference. I form opinions slowly and revise my analysis along the way."

How does she feel about patience? She wrinkles her brow and says, "I have problems with that. I'm like the child who prayed, 'God bless Mommy. God bless Daddy. And, God, take care of me. Give me patience real quick.'"

We discuss yet another character trait that has often been attributed to her—that she's temperamental. "That word had never been applied to me until I went to the White House," Kirkpatrick informs me. "Nor had 'confrontational,' either. The truth is that I actually sound much tougher than I am.

"I'm really kind of a pussycat. I was even that way as a mother. All punishment meant to my kids was being sent to their rooms. I didn't even feel confrontational in the United Nations. I felt maternal. Like when the Syrian ambassador acted up, what I really felt like saying to him was 'Go to your room!'

"Look, I've been married thirty-one years. I've kept the same friends over thirty years. I've held one *(continued)*


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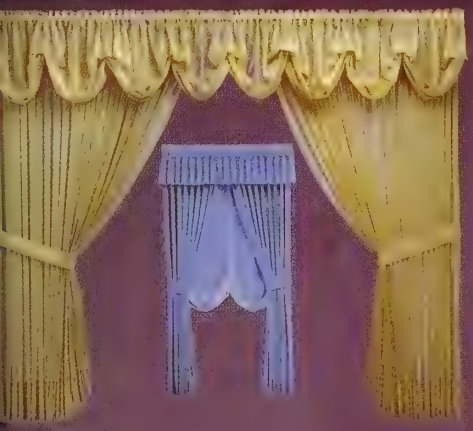
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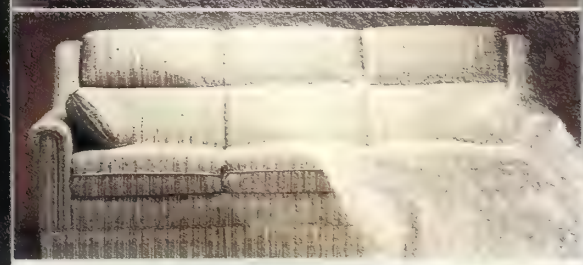
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ny jobs—teaching at Georgetown versity—for fifteen years. I've lived ne house twenty-seven years and the same little Iranian hairdresser years—and for that short a time because my old hairdresser died. h stability is not compatible with g temperamental. That label ws the chauvinism of my enemies."

eane Duane Jordan Kirkpatrick is ng in her office on the seventh floor ne American Enterprise Institute, a servative think tank in Washing- The room has comfortable chairs. e ambassador does not like cutesy, ile things.) It has busts of Lincoln Truman. It also has a pretty well together fifty-nine-year-old woman , her husband, Kirk, says, "looks er than she ever did."

he's twenty pounds thinner than n she was ambassador to the U.N. eating less," she says. "At the U.N. ything's food. All discussions are elegant lunches, cocktail parties dinners. To develop good relations n your colleagues, you spend lots of e eating. After I quit the U.N., I e right back to Washington into an day presidential task force meeting. tarted at eight-thirty in the morn- At about one o'clock the President a couple of generals said, 'Let's do ething about lunch.' So somebody , 'Well, would you rather have ham astrami?' They sent out for sand- nes, billed us three dollars and y-five cents each, and I thought, home.

Maybe I look better because I'm re- d, and happy to be out of that pres- e cooker. It's great to be free of those vinnable, ultimately unresolvable sions with the State Department."

he's also newly blond and has re- ed her hair. The ambassador is ssing more fashionably, too. In her th she wore very feminine clothing. was married in a fluffy, silvery g Cassini, "which I could afford be- se a friend's father made them. That inine me was closer to the real me."

er severe appearance at the U.N. "an affectation; sort of a way to professorial. In the United Na- s I wore suits because in those eting rooms the temperature went and down and a jacket was a neces- Actually, the secret of looking bet- these days is simply paying a little e attention and a lot more money."

nd these days, Kirkpatrick can cer- ly afford to spend more. In the past years her income has soared. She'll n more than a million dollars this r, what with $20,000 lecture fees, on & Schuster's $900,000 book ad-

vance, roughly $150,000 for her syndicated newspaper column and at least another $100,000 in loose change for assorted chores, including things like teaching at Georgetown.

Her Excellency bristles at this crass talk of money. "A large part of what I do is *pro bono*. I went to a fund-raiser in Philadelphia for a Republican congressman. I testified on the Hill. This week I ran all over and didn't make a penny. And I'm spending substantially. My life is now very expensive—even the simple amount I spend on transportation. Nowadays, I have a driver. Security specialists say I mustn't hang around parking lots or walk distances alone or take cabs regularly. Having a driver isn't to make me important; it's a necessity—and also very expensive."

As an afterthought, she pulls herself up to her full five feet seven inches and says: "There's a bit of sexism involved in this. Nobody ever discusses how much Kissinger makes."

Sexism is something Jeane has encountered at all levels of her career. Early in her professional life she worked for a man who was writing a history of the Marshall Plan. "I wrote two thirds of the book," she says. "A huge segment went to print exactly as I wrote it." The man gave her no public acknowledgment. "Nor," she sniffs, "did he think that was peculiar."

When she *(continued on page 176)*

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PET NEWS

Spring health checkup, housebreaking tips, fare for a fussy eater, and more. By Nina Keilin



A CRY FOR HELP

You're aware of your pet's lovable quirks and can fondly relate the details of his daily routine—the way your cat climbs on top of the refrigerator to nap, the way your dog greets you at the door.

What if your pet suddenly stopped doing any of these things? Would you ignore it? You could do so at your pet's peril. These subtle changes may mean the first stages of an illness that could result in dire symptoms such as vomiting or diarrhea.

Here are some ways your pet might send out an early distress call, according to Bonnie Beaver, DVM, clinical professor at the veterinary school at Texas A&M University. Dogs: refusing food, wanting to go out frequently, drinking more water, sleeping more, failing to greet you. Cats: hiding from you or wanting to be closer than usual, increased vocalization, misusing the litter box, changed eating or drinking habits, sleeping more.

If your pet is not himself, call your vet, says Beaver. "He would rather treat the pet early than when a condition is severe—or when it is too late."

FINICKY FELINE

Question *My cat is a picky eater. I leave food out for her all day, but she turns up her nose and demands table scraps. What should I do?*

Answer Establish a meal schedule and remove food at all other times, says Anitra Frazier, co-author of *The Natural Cat*. "No matter how much you think your pet loves to nibble all day, you do her a disservice by free feeding. The smell of food overstimulates the cat's digestive system and, ironically, destroys the hunger impulse." Change your cat's routine gradually. Start with three meals a day for one month, then switch to two. Cats enjoy rituals, so make each meal an event by spending time with your pet. But remove the food after half an hour. She will soon learn to eat when the food is there. If you have qualms about changing your cat's routine, remember that eventually she will be excited about eating. "And because the cat will more directly associate you with the serving of food," says Frazier, "it will increase the feeling of security and love she gets from you."



IT'S TIME FOR ANNUAL BOOSTER SHOTS

Recommendations of the Veterinary Medical Association of New York City

DOGS Rabies, distemper, hepatitis, parvovirus, parainfluenza, leptospirosis. Also, get a blood test for heartworm and begin summer preventive regimen

CATS Rabies, feline distemper, feline upper-respiratory diseases, feline leukemia (test for the virus first)



HOUSEBREAK WITHOUT HEARTBREAK

Adopting a puppy this spring? You can housebreak with a minimum of trauma if you resolve to be kind and loving, no matter how much your puppy tries your patience. According to the Pets Are Wonderful Council, of Chicago, you should disregard advice to punish your dog. The old strategies of hitting the dog with a newspaper and rubbing his nose in excrement are cruel and serve only to teach fear.

What should you do instead? Rely on the dog's natural instinct to train himself. After the age of four months, the pup is beginning to gain bowel and bladder control. If you confine him to a small area when he is indoors, he will think of it as his den and will not want to soil it. Praise the pup lavishly for relieving himself outdoors. A puppy craves your approval, and it is a very powerful motivator.

More dos and don'ts:

Do correct mistakes. The puppy will have some accidents during training, but a simple no, issued in a firm voice, is sufficiently devastating to your puppy to teach him right from wrong.

Don't set impossible goals. You won't be tempted to punish if you don't give the dog the chance to make error your puppy is not ready, keep away from your Oriental rug.

Do correct only when you c the puppy making a mistake. recting hours after an accide say, when you come home f work—is useless. Steel yourse ignore such discoveries during training period. If you confine puppy, he won't be able to do c age to the house.

Don't be afraid of being to nient, of spoiling your dog. Te ing good behavior with reward stead of punishment is teac with love and is the foundatio a long, satisfactory relation with your pup.

DOGS ON DISPLAY

If you're planning a trip to New York City, you'll want to visit the Dog Museum of America, which features fine paintings, sculptures and photos of dogs. Recent exhibi included "Presidential Pets" and "Pampered Pets." Starti in early May, the museum w show works from its permanent collection. Hours are Tuesday–Saturday, 10–5 Wednesday till 7. The addre is 51 Madison Avenue (at 27 Street), 212-696-8350.

National Pet Week is May 4–10. [illegible] a friend to adopt a cat or dog from a shelter

"I've learned my lesson!"



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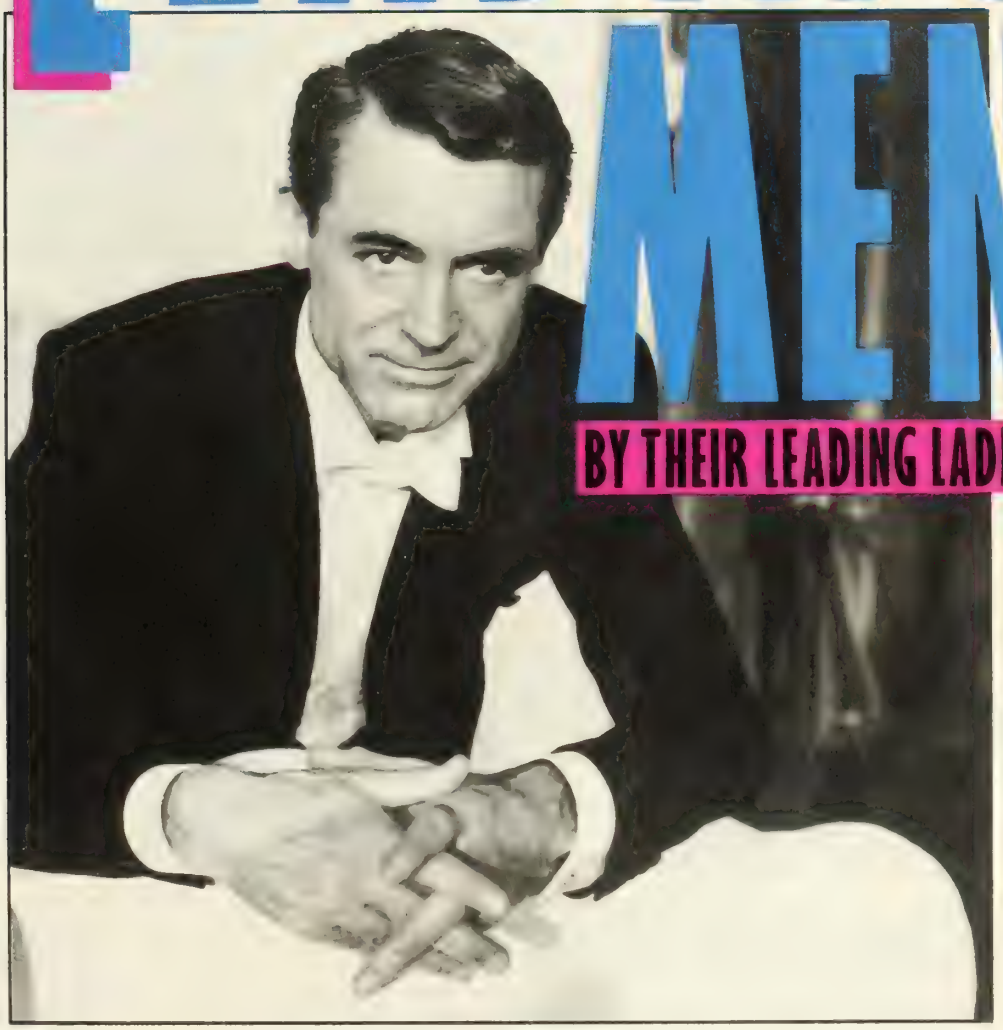
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BY THEIR LEADING LADIES



LADIES' HOME JOURNAL
MAY 1986

They are the legends, these ten Hollywood heroes who could make our hearts start pounding and become a part of all our dreams

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Cary Grant

The most universally attractive man of his time, the essence of urbane sophistication. Grant himself put his finger on the secret of his charm: "I play myself," he once said, "to perfection."

AUDREY HEPBURN, while staring into Cary Grant's eyes during a scene in the 1963 film *Charade*, deftly analyzed his appeal: "You know what's wrong with you? Nothing."

Research by Douglas Thompson

Spencer Tracy

Spencer Tracy once said his face was "as plain as a barn door." Craggy and dignified but sharp-tongued, he was the son of a truck driver and had originally intended to become a priest. He played characters of strength and integrity, flawed though fundamentally good men.

KATHARINE HEPBURN will only occasionally talk about Spencer Tracy, who was her screen co-star and real-life romantic partner for more than twenty-five years:

"He taught me naturalness. We never rehearsed together. I think he thought he was in a fairly silly profession—but he was a natural, a natural leading actor. When I was making pictures regularly, men were masculine, but they were also gentlemen. Where are either of those today?"





James Stewart

Stewart's strength lies partly in his amiability and partly in his air of fetching clumsiness. At first he was an unlikely sex symbol . . . but there was always that shy smile—and his distinctive idealism—that made him a big box office draw.

DORIS DAY worked with Jimmy Stewart for Hitchcock in the film *The Man Who Knew Too Much*. "Jimmy inspires trust in everyone working with him, and that in turn is given to the audience. It's a gift, of course. You can learn how to use it effectively, but you have to be born with it."



Gregory Peck

Peck is happier being a monument to human decency than he is being a sex symbol. He makes his best characters vivid through the moral conflicts that nag them and has made his presence felt in films of almost every genre.

LEE REMICK worked with Gregory Peck in *The Omen*, in 1976. She remembers, "He was relaxed, absorbed with the details of his role. As the shooting progressed, his copy of the script became a mass of scrawled notes to himself. And that consideration and concern, it's not fabricated. It's devastating."



Gary Cooper

Diffident without being timid, and tough not insensitive, the taciturn Cooper symbolized a new kind of hero, courageo in spirit as well as body.

PATRICIA NEAL met Gary Cooper when th filmed *The Fountainhead*, in 1949. They became lovers. He was married, and ther was to be no divorce: "I have never loved anyone like Gary, and I never will again. was the most gorgeous, attractive man I' ever known. When Gary and I were finish I was heartbroken.

"A leading man? The only man."



Gable

spoken boy from small-town America,
ever put on unnatural airs. He
lly treated women as equals and
d them to reciprocate with honesty
egrity—or face the consequences.

DE HAVILLAND played Melanie Wilkes
e's Rhett Butler in the 1939 classic
ith the Wind:
was highly professional. He was a
star than we could create today. I was
nini-star. I was afraid to talk to him.
can't understand it now, but we were
Clark Gable didn't open supermarkets."



Paul Newman

Paul Newman has come to represent the good outsider: detached, ironic and idealistic despite his iconoclastic streak. And even now, at the age of sixty-one, he still conveys a youthful irreverence with his wry half-smile and famous blue eyes.

JOANNE WOODWARD, who has made nine films with Paul Newman, says about her husband: "What is it that makes a leading man? If you live with him and he doesn't snore, that's a plus. And if you work with him and he doesn't shout, that can help. Paul's like so many characters he's played—the strong, silent type. And yes, of course, the looks, the blue eyes, help."



lon Brando

o uses his body rather than his
expressing emotion and sensuality
n extraordinary potency. Few other
have inspired such polar reactions
ical rage and admiration.

Y WINTERS had a stormy romance
rando. She recalls: "Sexual
ite. Only Marlon and Elvis had it.
funny to tell a friend, after I saw
car, that a boy you had seen
me not-so-hot improvisations at the
s Studio was an acting genius
arable to Charles Chaplin and
nce Olivier. He had this remarkable
power that none of the others had.
d there knowing that I had seen
thing I would recall with excitement
e rest of my life."



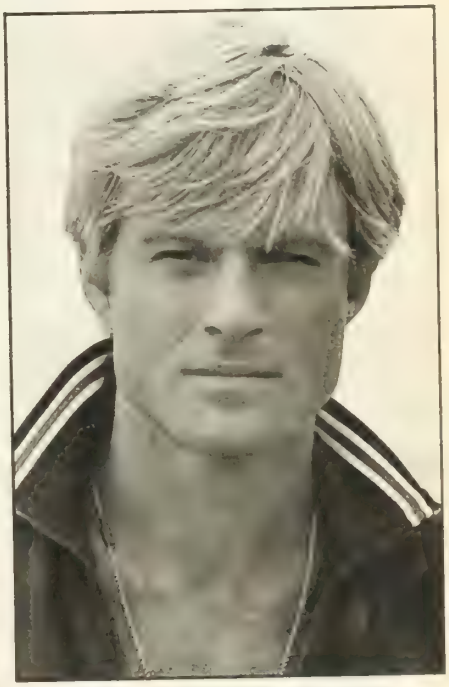
Humphrey Bogart

Bogart was not conventionally good-looking, but his vulnerable toughness, detached chivalry, and blend of distance and intimacy made him into one of the screen's great romantic heroes.

LAUREN BACALL was devastated when Bogart, her husband and co-star, died, in 1957. She says about their early days:

"I was young and only starting *To Have and Have Not* when we met. Howard Hawks [the producer-director] said he would like to put me in a picture with Cary Grant or Humphrey Bogart. I thought, Cary Grant—terrific. Humphrey Bogart—yuck.

"But Bogart was an old-fashioned man. He had tremendous integrity. You simply can't hide qualities like that. They shine through."



Robert Redford

Redford is an ambiguous figure. He can play with equal conviction the lovable, romping good buddy and the detached and honorable observer of immorality. Most women love him best as the ambivalent hero in *The Way We Were*.

BARBRA STREISAND, who co-starred with Redford in *The Way We Were*, declares, "I was simply mesmerized; he's so beautiful."

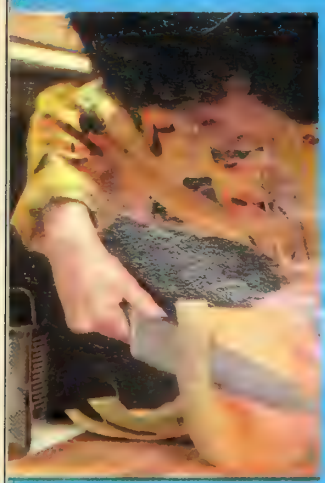
Quick meals

BY JAN TURNER HAZARD, FOOD & EQUIPMENT EDITOR



Our fabulousl creative food staff share th recipes for their favorite fast dinners— plus their sup timesaving ti

In our test kitchen in the sky (note the dazzling view), the staff conduct food tastings twice a day, at which they evaluate each dish that appears in the Journal. Every recipe is triple-tested. Above: Food editor Jan Hazard, second from right, joins assistant food editors Diane Holtaway, Beverly Stephens and Elizabeth Marks, left to right, in sampling an elegant and speedy dinner for company developed by Diane.









Love to have fresh fruit salad for dessert, but think all the peeling and chopping takes too much time? Here's how to make short work of a melon: With a sharp knife, cut a small slice off each end. Remove peel by following contours of melon. Cut in half, remove seeds, then cut into chunks. Above: Carol Prager displays a luscious toss of melon, kiwi, strawberries and grapes.

Beverly Stephens removes a nourishing fast entree for two—Chicken Livers with Bacon and Peppers—from that best-ever time-saver, the microwave. Cooking time: ten minutes.









Short on time needn't mean short on flavor. Journal food editors prove that even a quick meal can be terrific.

Recipes begin on page 154.



FAST FOOD AT HOME

"Use no-cook helpers from the supermarket? We do," say our expert cooks. Look for interesting breads, breadsticks and rolls to add variety to meals. For dessert, keep ice cream and cheesecake on hand; top with melted chocolate. Or serve fresh fruit and cheese.



Our talented kitchen staff are all busy women like you. So they, too, need a repertoire of fast and tasty meals to serve their families and guests. Here are six of their favorite menus—two each for entertaining, for family dinners and for couples only. Among the lip-smacking entrees: Oven-Fried Hazelnut Haddock and Spicy Flank Steak. Below: Veal with Pancetta and Sage, Orzo with Broccoli, Tossed Green Salad and Spring Fruit Compote.



ime-saver from Diane, top: ing scissors, she snips ncetta for a veal dish directly o the pan. Second from top: al pounded thin cooks in just e minutes. Above: Adding ite wine and chicken broth to e pan juices is an instant and olproof way to make sauce.

rom the LHJ test kitchens

FIND YOUR OWN STYLE

1. Circle your favorite accessory from each group below. (Don't ponder, just pick.) 2. Turn page upside down to learn which of three basic looks is really you. 3. Follow along for tips on how to put it together with pizzazz this season!

1

a. Spectator
b. Sling-back
c. "Raj" shoe



2

a. Plastic duffel
b. Leather bag
c. Quilted bag



3

a. Gold hoops
b. Pearl buttons
c. Red drops



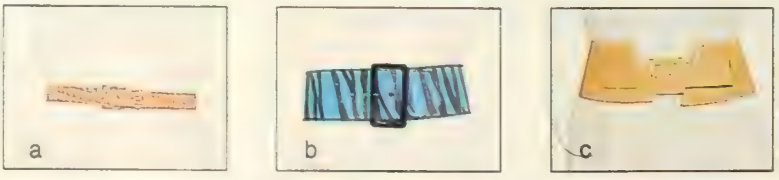
4

a. Roman numeral
b. Round, leather
c. Picture face



5

a. Slim leather
b. Wide zebra
c. Contour



1a: Classic, 1b: Fashiony, 1c: Trendy; 2a: Trendy, 2b: Classic, 2c: Fashiony; 3a: Fashiony, 3b: Classic, 3c: Trendy; 4a: Fashiony, 4b: Classic, 4c: Trendy; 5a: Classic, 5b: Trendy, 5c: Fashiony. Three or more of the same look labels you. Otherwise, you're eclectic.

Ross Whitaker

'ts have always been spring-into-summer staples—but those cropping up now are shapelier and more vibrant than any you've seen before!



Suit yourself

CLASSIC

Forget beige for once and opt for buttercup yellow! Also look for slimmer skirts and longer, leaner jackets.

TRENDY

Eye-popping combo: Jewel-bright knit cardigan (instead of a blazer), cotton-candy-pink tube skirt and sleeveless turtle.

FASHIONY

Extravagant shoulders emphasize nipped-in waist. Petal pink is the freshest color choice.

Makeup, Linda Mason. Hair, Pascal Boissier. Models: Monique and Audra of Click; Allison Houtte of Name. Fashion details, page 186.

Skirts and tops are warm-weather essentials for the office—but there's nothing routin about the unexpected silhouettes and dazzling colors in the stores right now.



Two easy pieces

CLASSIC

Start with trim beige trouser-style skirt. Then try a linen T in rose. Other new colors: Curry, gold, tomato.

TRENDY

Pair a curvaceous black knit trumpet skirt with rollicking print big shirt. Wow!

FASHIONY

Trompe l'oeil two-piece: Borrowed-from-the-beach sarong in sunshine orange gets a matching turtleneck.

FIND YOUR OWN STYLE

No more short shorts. This year's handsome, generously cut walking shorts are flattering—and utterly comfortable, too.



Ross Whitaker

Summer safari

TRENDY

Only you would dare to mix batik-print shirt with plaid shorts! But stay with a single color—like our luscious mint green.

FASHIONY

On top: Knot a cool blue cotton shirt over a sexy little bra. On the bottom: Skirtlike goldenrod shorts.

CLASSIC

Khaki, of course! Look for easy-fitting triple pleats; add oversize white cotton shirt.

Smarty pants

Once, we all wore jeans. Now—oh, what a difference!

TRENDY

Skinny leggings show off trim limbs. Couple with belted big shirt in cheery yellow.

FASHIONY

Peachy silk pajamas call for a flashy belt—but leave your shirttail flowing.

CLASSIC

Go for nautical white pleated trousers (linen, naturally) plus a lush Fair Isle cardigan over a polo.



All dressed up

This year's dresses are authoritative—but pretty, too.

FASHIONY

Slithery silk print is slimmer than last season's offerings. Finish with stiletto sling-backs.

TRENDY

The sleeveless turtle goes to new lengths. Just add a belt and playful jewelry.

CLASSIC

Button up your coatdress—the go-anywhere summer basic in white gabardine with big shoulders, sleek hips.



Ross Whitaker

en when the rain goes away, you'll want to wear one of these good-looking oppers—on unseasonably cool days and evenings, and right into the fall.



Just ducky!

CLASSIC

You need the investment trench. Buy the best you can to last for years.

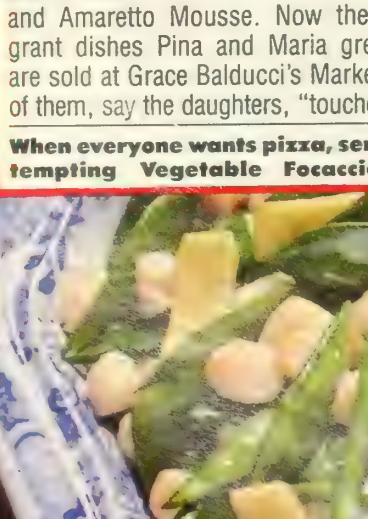
FASHIONY

Glitzy gold trench looks elegant, and it will stand up to any storm. Bet you'll wear it even when the sun shines.

TRENDY

Schoolgirl slicker in traffic-stopping red is your 1986 must-have. (Now don't step in the puddles!)

Mom's home cookin



Grace Balducci Doria, specialty grocer, New York City, with daughters Pina and Maria

As the mother of six, Grace had plenty of opportunity to refine her *cucina casalinga*, homemade Italian specialties such as Ziti with Mushrooms and Tomatoes and Amaretto Mousse. Now the same fragrant dishes Pina and Maria grew up with are sold at Grace Balducci's Marketplace—all of them, say the daughters, "touched by love."

When everyone wants pizza, serve Grace's tempting Vegetable Focaccia, above.



Leeann Chin, restaurateur, Twin Cities, with daughter Laura

Leeann raised five children on such delicacies as Sesame Pork and Chicken Wings with Oyster Sauce. Then she took her skills public: Now she owns three restaurants and five carryout stores in Minneapolis–St. Paul. Daughter Laura joined her mom in the business because "I enjoy working with her. And I want to be part of her success story."

A popular item served at Leeann's restaurants, left: Scallops with Snow Peas

OM PASTA TO PEACH COBBLER, NOTHING BEATS MOM'S COOKING. MEET FOUR EAT HOME COOKS WHOSE TALENTS LED TO CULINARY CAREERS—AND FIVE DAUGHRS WHO ARE EAGER TO MAKE IT JUST LIKE MOM DID. **RECIPES BEGIN ON PAGE 146.**

Photo of Leeann Chin by Nancy Bundt. All other photos by J. Barry O'Rourke.



Sylvia Woods, restaurateur, New York City, with daughter Bedelia

For twenty-three years, nostalgic city folk have been flocking to Sylvia's restaurant in Harlem for generous helpings of warmth—every customer is "honey"—and down-home Southern favorites. With the help of manager Bedelia and three other children, Sylvia intends to keep on dishing out serious soul food and unique hospitality.

Left: Barbecued Ribs, Collard Greens and Candied Yams. Below: Peach Cobbler.



Aída Gabilondo, cookbook author, El Paso, Texas, with daughter Zarela

Aída says she's just a "good old-fashioned cook." To Zarela, Mom's the gifted inspiration for her own career as a chef at New York City's Cafe Marimba. Among Aída's well-spiced south-of-the-border specialties, featured in her new cookbook, *Mexican Family Cooking*: Shrimp Rancheros, Meatballs in Chili Pepper Sauce and Green Enchiladas.

One of Aída's elegant Mexican dishes: Garden Tostadas, perfumed with garlic.

The Looks They Love

IF BEAUTY IS IN THE EYE OF THE BEHOLDER, THERE ARE MANY WAYS TO BE GORGEOUS. OUR EXPERTS DESIGNED THREE GREAT NEW LOOKS FOR THE TWO WOMEN ON THESE PAGES, THEN ASKED FRIENDS AND FAMILIES TO PICK THEIR FAVORITE. SEE IF YOU AGREE.



Linda, thirty years old, is a fashion director for a sportswear company. To get the sultry look, perfect for a romantic night out (top right), hairstylist John Sahag tapered her hair and turned it under. Beckoning beneath wispy bangs are come-hither eyes, which makeup artist Linda Mason enhanced with smoky shadow and kohl pencil; they smolder against pale-sand matte foundation and a light glaze of golden beige on her lips.

- *This elegant look for the office (bottom right), evocative of Grace Kelly, emerged from a palette of pastels—peach, pink and fawn. The ends of Linda's hair were turned away from her face and the top swept back to reveal her lovely forehead.*
- *Linda's favorite: A radiant sun-kissed look (opposite). Peachy beige foundation and a warm coral blush all over give her a healthy glow. On eyes: gray pencil, brown mascara. On lips: hot tangerine.*





Jimi Giannatti

By Lois Joy Johnson, Beauty & Fashion Editor



Tousled and terrific hair is the key to Linda's lively California-girl look. John styled her hair with his fingers while blow-drying it with a diffuser, lifting it from the roots to add volume. It's tops for Linda's active, athletic life.

What makes a makeover a real winner? For Linda, it was the look that fit her lifestyle and expressed her personality. *Journal* staffers who hadn't met Linda cast the most votes for her vampish look (opposite, top). But those who know her well preferred the casual look here. To Linda's husband, "natural is the most beautiful." Her father-in-law and her best friend both like the look because it's "vivacious, sporty and outdoorsy" like Linda herself. Linda happily agrees: "This is really *me*!"

The Looks They Love

THE THREE FACES OF BONNIE: OUR BEAUTY PROS TRANSFORM HER FROM SLIGHTLY PUNK TO SOFT AND SUBTLE TO DOWNRIGHT DAZZLING.







Bonnie, thirty-eight years old, is a real estate executive, student and busy mother of two. For the very sophisticated new-wave look (top right), John blow-dried Bonnie's hair, sweeping it up and back and keeping it in place with gel. Linda applied bold strokes of color—bright yellow, parrot green and apricot eyeshadows, melon blush and burnished-apricot lipstick—against matte beige foundation to dramatically light up Bonnie's face. ● The girl-next-door look (bottom right) requires just a touch of foundation under eyes, a dusting of tawny blush over Bonnie's sprinkling of freckles, vanilla and emerald eyeshadows, plus plum lipstick and liner. John brought Bonnie's hair forward, showing off her new bangs. ● Bonnie's winning look (opposite) is drop-dead glamorous. Velvety honey foundation makes skin smooth and somewhat pale but lustrous. Cheeks and lips wear a bit of peach. Her green eyes are the center of attention, magnified with plenty of gray, wine and plum shadows, onyx liner and mascara, with the most intense color concentrated near Bonnie's lush lashes.

Jimi Giannatti



Bonnie's a real head-turner with a high-spirited halo of curls. John simply scrunched her hair and dabbed on plenty of mousse as he blow-dried it with a diffuser, gently coaxing Bonnie's perm out of hiding.

Our staff loved Bonnie's fresh-faced look (opposite, bottom), but her friends and family went for the glamour girl. "This is the Bonnie I know," enthused her boyfriend. Her seven-year-old daughter likes her this way because "it makes Mommy look like a movie star." Bonnie's sister said, "I'm glad light lipstick is back in style. She looks great." Since none of her roles require her to appear too conservative, Bonnie can wear this look everywhere. Which she likes: "I feel so sexy!"

G·R·E·A·T

SPRING DESSERTS

What would make a perfect spring day even more special? Our fruit-filled delights—so right for this sweet season.

Among the luscious forkfuls: Fresh Lemon Cake, right, Strawberry Rhubarb Tart, below. Recipes for these and for Praline Banana Cream Pie, Passion Fruit Pavlova, Toasted Coconut Cloud Roll, Strawberry Shortcake and Mango Ice Cream begin on page 142.

The art of COLLECTING

Indulge your passion for treasure-hunting . . . and decorate with it

Collecting gets in the blood. It's seductive, addictive. Once you catch the fever, you can't shake it. There's the lure of the hunt, the exhilaration of discovery, the satisfaction of a real find. And once you've got it, flaunt it. Whether it's English china or American quilts, prized antiques or twentieth-century knick-knacks, your collection can be a decorating plus and a true reflection of your special style.



Colorful wig stands, above, from the twenties and thirties, lend a whimsical touch to a bureau top. Folk art, opposite page, serves as the room's focal point. Baskets, right, from Burma and Afghanistan, strike an exotic note against a white wall.



By Marilyn Diane Glass
Decorating and Design Editor


Butter

Collecting at its best is not mere nostalgia—it's a way of bringing the spirit and energy of the past into the present

WHAT TO COLLECT

Rather than pick an item you feel will be a good investment, indulge in one that really brings you pleasure. es Dana Hawkes, the director Sotheby's collectibles depart- nt, "When you collect something love, you look for the best."

Most people collect knickknacks, collections can be as offbeat as tage Coke glasses (below), as yful as these colorful buttons ht), as charming as spongeware posite). Anything goes.

You'll soon find you want to w more about your collectible. rt by reading. You may be sur- sed to learn there are paper- :ks on such subjects as tins and s, quilts, jukeboxes, Victorian ssware, American postcards, n Snoopy memorabilia. Find out w much items are worth. There



are price guides to tell you what a collectible fetches in the marketplace. The three most popular: *Kovel's Antiques and Collectibles Price List; Warman's Antiques and Their Prices* plus *Warman's Americana and Collectibles;* and *Schroeder's Antiques Price Guide.* Go to museums, too. They offer the crème de la crème of antiques and collectibles. You'll also find a great many interesting ideas for display.

Major antiques shows held in large cities across the country are great sources for expanding your knowledge. The more you look, the better you see. And at a show, you may be able to add a truly exceptional piece to your collection.

Trick of the trade: Go to the first flea markets of the season. Market pickers who have been hunting door-to-door in small towns all winter hit these shows, selling prize wares off the backs of trucks. You'll be competing with dealers for the best finds, but it's well worth the effort.



ongeware, left, is dramatically displayed against a background painted in the same pattern. Kitchen paraphernalia, above, is the re- lt of ten years' hunting in junk shops. Framed ads date from thirties and forties. Buttons, top, are mounted according to theme.

Go for the bold, the unexpected placement when showing your treasures. Displaying a collection is an art in itself



WHAT DO THE FAMOUS COLLECT?

President Reagan	Coins and small medallions
Nancy Reagan	Small enamel boxes
Jack Nicholson	Surrealistic art
Geraldine Ferraro	Lalique animals
Joan Collins	Art Deco
Dr. Ruth Westheimer,	Dollhouse furniture
Joan Rivers	Fabergé
Joanne Woodward	Early American art
Larry Hagman	Hats, canes, flags
Kirk Douglas	Pre-Columbian art
Gloria Vanderbilt	Quilts

What's hot now? Today's most popular collectibles, say th experts, are yellowware, stoneware, rhinestone jewelry ar glassware of the fifties. Shaping up as tomorrow's hot prope ties: furniture from the fifties, Bakelite radios, clocks, jewel and twentieth-century toys. But you don't have to follow th trends—go for whatever catches your fancy. Happy huntin

This droll array of cow creamers, left, collected over twenty-year period, is stabled in an antique Scandinavic glass-front cabinet. The masks below come from around th world; the horse head, crafted in Japan, is the rarest. Th collection stands out boldly on a Plexiglas table. Above th group, a Mexican painting by Rufino Tamayo sets the stag

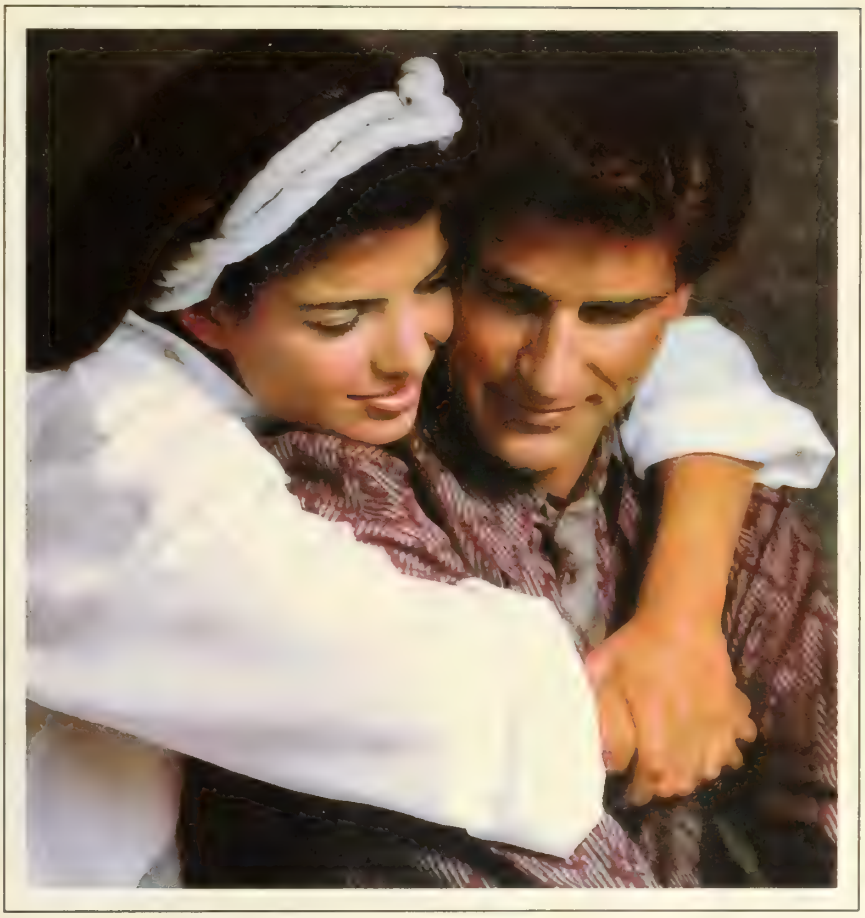
HOW TO SHOW YOUR COLLECTION

Scattered about, any collection—even the most beautiful—can look messy rather than important. Don't separate items, or they'll lose their impact. The following tips will help you show off your collectibles to their very best advantage:

- Arrange them on a table, with the most dramatic piece receiving blue ribbon placement.
- House fragile objects in shadow boxes or curio cabinets, where they'll be protected.
- Create innovative wall displays of eye-catching items such as bottle openers, plates or vintage clothing.
- Showcase your treasures in surprising spots. Entryways, stairwells, halls, corners—even bathrooms —are neat roosts.
- Light up your collection. A special piece, or the entire group, will look even better when dramatically illuminated with an overhead fixture. Hidden floor or cabinet spotlights work well, too.
- Make a simple collection dynamic with a contrasting background, such as decorative painted walls.



The closer you get.
The better we smell.



Only Borateem bleach is made with Borax, nature's natural deodorant. So, even though Borateem whitens with intensity and removes stains with strength, it leaves your entire wash smelling as fresh as it looks.

ow, you can choose your bleach the way you choose your perfume. With your eyes closed.

Borateem BLEACH



sugar. Let stand 30 minutes. Cover and bring to a simm
Cook 15 to 20 minutes, until tender. (If using frozen r
barb, cook uncovered.) Transfer to medium bowl; c
Spread in pastry shell. Arrange strawberries decorati
on top and brush with melted jelly. Refrigerate up t
hours. Serve with whipped cream. Makes 8 servi
about 290 calories each without whipped cream.

To microwave: Prepare pastry as directed. In 2-quart
crowaveproof dish combine rhubarb and sugar. Let st
30 minutes. Cover and microwave on High 3 minu
Uncover and microwave 9 minutes, stirring every 3 m
utes, until thick. Proceed with recipe.

FRESH LEMON CAKE

pictured on page 134

This was our food editor's favorite birthday cake as a ch

Cake

- 2 cups cake flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup milk, at room temperature
- ½ teaspoon vanilla extract
- ¾ cup unsalted butter, softened
- 1¼ cups sugar
- 3 eggs, at room temperature

Glaze

- ⅓ cup fresh lemon juice
- 3 tablespoons sugar

Filling

- ⅓ cup cornstarch
- 1 cup sugar

GREAT SPRING DESSERTS

continued from page 135

STRAWBERRY RHUBARB TART

pictured on page 135

Nothing says spring better than fresh strawberries paired with rhubarb (commonly used as a fruit, really a vegetable).

Pastry

- 1½ cups all-purpose flour
- 2 tablespoons sugar
- Pinch salt
- ½ cup cold butter, cut up
- 1 egg yolk
- 2 to 3 tablespoons ice water

- 4 cups fresh or frozen rhubarb, cut into ¼-inch slices
- ½ cup sugar
- 1½ pints strawberries, sliced into thirds
- 3 tablespoons red currant jelly, melted
- Sweetened whipped cream

Pastry: In bowl combine flour, sugar and salt. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. In small bowl combine egg yolk and water; stir into flour mixture until pastry just forms a ball. Wrap and refrigerate at least 1 hour. On lightly floured surface, roll to a 14-inch circle. Fit into 10-inch tart pan with removable bottom. Prick bottom. Refrigerate 30 minutes.

Preheat oven to 400°F. Line pastry with foil and fill with dried beans or uncooked rice. Bake 10 minutes; remove foil and contents. Bake 12 minutes more, until golden brown. Cool.

Meanwhile, in medium saucepan combine rhubarb and



⅛ teaspoon salt
½ cups water
1 tablespoon unsalted butter
4 egg yolks
2 teaspoons grated lemon peel
¼ cup fresh lemon juice

ercream

1 cup plus 2 tablespoons sugar, divided
¼ cup water
5 egg whites, at room temperature
½ cups unsalted butter, softened
½ teaspoons grated lemon peel
1 teaspoon vanilla extract

e: Preheat oven to 350°F. Grease flour three 9-inch cake pans. Sift r, baking powder and salt onto wax er. In cup combine milk and vanilla. ı large mixer bowl cream butter h sugar until light and fluffy. Add s one at a time, beating well after ı addition. With mixer at low speed, dry ingredients alternately with k, beginning and ending with dry redients. Divide among prepared s. Bake 20 to 25 minutes, until hpick inserted in center comes out ın. Cool in pans 10 minutes. Invert wire racks to cool completely.

ze: In small saucepan heat lemon e and sugar until sugar is dissolved. l. Brush over tops of cake layers.

ing: In medium saucepan combine ıstarch, sugar and salt; stir in water il smooth. Gradually bring to a boil r medium heat, stirring constantly. k 1 minute. Stir in butter. In small l whisk ⅓ cup cornstarch mixture egg yolks. Return to pan; add ıon juice and peel. Boil gently 1 min- . Transfer to bowl and refrigerate.

ttercream: In small saucepan com- e 1 cup sugar and water. Bring to a l over medium heat. Cook until syr- reaches soft-ball stage (240°F.– 5°F. on candy thermometer). Mean- ile, in mixer bowl beat egg whites il soft peaks form. Gradually add ıaining 2 tablespoons sugar and ıt until stiff peaks form. Add hot up in a thin, steady stream, beating ıstantly. Beat at high speed 8 to 10 ıutes more, until meringue is com- tely cool and soft peaks form.

n large mixer bowl cream butter un- light and fluffy. With mixer at me- m speed, add meringue ¼ cup at a ıe, blending well after each addition. at in vanilla and lemon peel.

assemble: Place 1 layer on serving te and spread with half the filling. d another layer and spread with re- ining filling. Top with third layer d refrigerate 30 minutes. Reserve 1 buttercream. Spread top and sides h remaining buttercream. Fit pastry g with small star tube and fill with erved buttercream. Pipe rosettes on . *(Can be made ahead. Refrigerate cake uncovered 1 hour. Cover loosely with plastic wrap and refrigerate up to 24 hours. Let stand at room temperature 1 hour before serving.)* Makes 12 servings, 420 calories each.

RHUBARB GINGER FOOL

The fresh ginger is a wonderfully sur prising taste sensation with the rhubarb.

4 cups fresh rhubarb, cut into ¼-inch slices
¾ cup sugar
¼ cup water
1 teaspoon grated fresh ginger
½ cup heavy or whipping cream

In medium saucepan combine rhubarb, sugar, water and ginger. Cook 15 to 20 minutes, until tender; cool.

In mixer bowl beat cream until soft peaks form; fold into rhubarb. Pour into straight-sided glass bowl and refrigerate until serving time. Makes 6 servings, about 180 calories each.

TOASTED COCONUT CLOUD ROLL

Our rolled angel food cake will win over the staunchest dessert-skippers.

Cakes

¾ cup sugar
1 cup sifted cake flour
10 egg whites, at room temperature
1 teaspoon sifted cream of tartar
¼ teaspoon salt
2 teaspoons vanilla extract

Coconut Buttercream

1 can (15 oz.) cream of coconut
Pinch salt
1 egg, at room temperature
1 egg yolk, at room temperature
1¼ cups unsalted butter, softened
½ teaspoon vanilla extract
2 cups heavy or whipping cream, divided
2 tablespoons confectioners' sugar
2 teaspoons cornstarch
Pinch salt
1 tablespoon amber rum

4 cups shredded fresh coconut, toasted

Cakes: Adjust oven rack to lowest position. Preheat oven to 375°F. Lightly grease two 15½x10½-inch jelly-roll pans. Line with wax paper. Grease paper lightly and sprinkle with flour.

In food processor or blender pulverize sugar until fine. Sift flour and half the sugar onto wax paper. In large mixer bowl beat egg whites until foamy; beat in cream of tartar and salt. Gradually add remaining pulverized sugar and beat just until soft peaks form. Sprinkle in sugar-flour mixture in 3 batches, folding after each addition until just incorporated. Fold in vanilla. Spoon into prepared pans. *(continued)*



NOW YOU'RE HOME AND YOU CALL IT **SUPERSEAL.**

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We've been making Superseal for 25 years. And there still isn't a plastic food container on the face of the earth that keeps food fresher.

What's more, even though Superseal's see-thru lid is incredibly air tight, it's still easy to open, easy to close.

In addition, Superseal is the only brand of food container sold in stores that offers a lifetime warranty.

Superseal has more than fifty sizes and shapes to choose from. All Superseal containers help keep moisture from getting in. So freshness and flavor can't get out.

Look for Superseal food storage containers in stores everywhere.

Also look for our full line of microwave cookware.

SUPERSEAL

GREAT SPRING DESSERTS
continued

ooth tops with spatula and bake 10 inutes. Cool in pans 5 minutes. In- t onto racks covered with wax paper. l off top paper. Cool 15 minutes. rting with short side, roll up jelly- fashion with bottom paper.

onut Buttercream: In medium cepan combine cream of coconut l salt; simmer until reduced by half, ut 10 to 15 minutes. Increase heat to dium-high and boil until candy rmometer reaches 230°F. to 235°F., ut 5 to 7 minutes. Reserve 2 table- ons coconut syrup.

Meanwhile, in mixer bowl beat egg l egg yolk until very light. Add re- ining hot coconut syrup in a slow, ady stream. Beat until cool, about 5 inutes. Add butter one tablespoon at me. Beat in vanilla.

n small saucepan combine ½ cup am, confectioners' sugar, cornstarch l salt. Bring to a boil over medium it, whisking constantly. Boil 5 sec- ls and remove from heat. Whisk in n and reserved coconut syrup. Re- gerate until cold. In large mixer vl beat remaining cream until stiff ks form. Whisk in cream mixture.

assemble: Unroll cakes and spread h with thin layer of coconut but- tercream. Top each with half the fla- vored whipped cream. Reroll cakes. Spread remaining buttercream evenly over sides and ends of each cake. Sprin- kle with toasted coconut, pressing gently so it adheres. Transfer to serv- ing plates. Cover and refrigerate until 30 minutes before serving. *(Can be made ahead. Wrap well and freeze up to 1 week. Thaw unwrapped at room tem- perature.)* Makes 2 cakes, 10 servings per cake, about 425 calories each.

STRAWBERRY SHORTCAKE

Substitute other berries as the season progresses for a summer of shortcake.

Shortcakes

- 1 cup all-purpose flour
- 1 cup cake flour
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup cold butter, cut up
- 1 cup heavy or whipping cream, divided

- 2 pints strawberries
- ¼ cup granulated sugar
- 2 tablespoons orange liqueur
- 1 cup heavy or whipping cream
- 2 tablespoons confectioners' sugar
- 1 teaspoon vanilla extract

Shortcakes: Preheat oven to 400°F. Grease a cookie sheet. In medium bowl combine flours, granulated suga., ing powder and salt. With pastry ble.. er or 2 knives, cut in butter until mix- ture resembles coarse crumbs. Gradu- ally add all but 1 tablespoon cream, tossing with fork until mixture holds together. On lightly floured surface, roll or pat dough ½ inch thick. With 3-inch cookie cutter, cut into circles and transfer to prepared sheet. Reroll scraps. Make a total of 8 circles. Brush tops of circles with heavy cream. Bake 15 minutes. Cool on wire rack.

Set aside 8 strawberries for garnish. Mash remaining strawberries with granulated sugar and liqueur. Let stand at least 1 hour. In mixer bowl beat cream, confectioners' sugar and vanilla until soft peaks form.

Split shortcakes horizontally; place bottoms on dessert plates. Top with mashed strawberries and three quar- ters of the whipped cream. Replace tops and garnish with remaining cream and reserved berries. Makes 8 shortcakes, about 500 calories each.

PRALINE BANANA CREAM PIE

Brown sugar and pecans give this pie its great praline flavor.

Pastry

- ⅓ cup pecan halves, lightly toasted

(continued)



TOLL HOUSE™ QUICK ICE CREAM

- ½ c. + 2 tbsp. firmly packed brown sugar
- ½ c. butter
- 3 eggs
- 2 tsp. vanilla extract
- ½ tsp. salt
- 2 c. heavy cream
- ½ of 12-oz. pkg. (1 c.) Nestlé® Little Bits™ Semi-Sweet Chocolate
- 1 c. chopped toasted walnuts

In heavy gauge saucepan, combine brown sugar and butter. Bring to boil over low heat, stirring occasionally; boil 1 min. Remove from heat. In blender container, combine eggs, vanilla extract and salt; blend at med. speed 30 sec. Add brown sugar mixture; blend at high speed 1 min.; set aside to cool. In large bowl, beat heavy cream until stiff. Fold butter/sugar mixture, Nestlé® Little Bits™ Semi-Sweet Chocolate and walnuts into whipped cream. Pour into foil-lined 9"x5"x3" loaf pan. Cover with foil; freeze until firm. Makes: about 1½ qts.

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GREAT SPRING DESSERTS
continued

- 3 tablespoons sugar
- 1 cup plus 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- Pinch cinnamon
- 5 tablespoons cold butter, cut up
- 1 tablespoon cold shortening
- About ¼ cup cold water
- 1 egg beaten with 2 tablespoons water, for glaze

Filling

- 2⅔ cups half and half cream, divided
- ⅓ cup cornstarch
- ½ cup packed brown sugar
- Pinch salt
- 4 egg yolks, lightly beaten
- 2 teaspoons vanilla extract
- 2 tablespoons butter
- 2 bananas, sliced

- 1 cup heavy or whipping cream
- 2 tablespoons sugar
- 2 tablespoons amber rum
- ⅛ teaspoon cinnamon

Pastry: In food processor pulverize pecans with sugar until fine. In large bowl combine with flour, salt and cinnamon. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Stir in water a tablespoon at a time, until pastry forms a ball. Wrap and refrigerate at least 2 hours or overnight.

On lightly floured surface, roll pastry into a 14-inch circle. Fit into 10-inch pie pan. Flute edges; prick bottom with fork. Refrigerate 30 minutes.

Adjust oven rack to lowest position. Preheat oven to 400°F. Line pastry with foil and fill with dried beans, uncooked rice or pie weights. Bake 15 minutes. Remove foil and contents. Brush with glaze and bake 8 to 10 minutes more, until golden brown. Cool on wire rack.

Filling: In large saucepan combine cream, cornstarch, sugar and salt until smooth. Bring to a boil over medium heat, stirring constantly with a whisk. Boil 1 minute. Remove from heat. In medium bowl whisk 1 cup of custard into egg yolks; return mixture to saucepan. Cook custard 2 minutes, whisking constantly. (Do not let boil.) Remove from heat and whisk in vanilla and butter. Cool 10 minutes. Arrange bananas in pastry shell. Top with custard. Cover and refrigerate until set, about 3 hours.

In mixer bowl beat heavy cream until slightly thickened. Add sugar, rum and cinnamon; beat until stiff peaks form. Spoon into a pastry bag and pipe over pie. Makes 10 servings, about 495 calories each.

PASSION FRUIT PAVLOVA

Passion fruit puree comes frozen or canned. For this recipe frozen is preferable and definitely worth seeking out.

Meringue Shell

- 4 egg whites, at room temperature
- 1 teaspoon white vinegar
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1 cup sugar, divided
- 4 teaspoons cornstarch, sifted

Filling

- 9 tablespoons sugar, divided
- 2 teaspoons cornstarch
- ½ cup frozen passion fruit puree or dried apricot puree*
- 1 cup heavy or whipping cream

- 3 kiwi fruit, peeled and sliced
- ½ pint raspberries

Meringue Shell: Preheat oven to 250°F. Grease and flour a cookie sheet; trace a 9-inch circle on it. In large mixer bowl beat egg whites until foamy. Add vinegar, vanilla and salt and beat until soft peaks form. Gradually add ¼ cup sugar and beat until stiff peaks form.

In small bowl combine remaining ¾ cup sugar and cornstarch. Fold into egg whites. Fit pastry bag with ⅝-inch plain tube and fill with meringue. Outline circle with meringue; fill in to form base. Pipe remaining meringue arou edge to form high rim. Bake 2 hou Turn off oven; cool in oven at leas hour or overnight.

Filling: In small saucepan combine 3 blespoons sugar and the cornstarch. A fruit puree and stir until smooth. Bri to a boil over medium heat, stirring c stantly; boil 1 minute. Transfer to bc and refrigerate 1 hour. In large mi bowl beat cream with remaining 6 tab spoons sugar until stiff peaks form. F in cold fruit mixture. Spread half t filling in meringue shell. Top with h the kiwi and raspberries. Repeat w remaining filling and fruit. Serve imn diately or refrigerate up to 2 hours. Mal 10 servings, about 240 calories each.

**Dried Apricot Puree:* In small sau pan combine ½ cup dried apricots wi ¾ cup water. Bring to a boil; cover a simmer 15 minutes. Drain, reservin tablespoons liquid. In blender combi apricots with reserved liquid and pu until smooth. Beat heavy cream above but substitute ½ cup confectio ers' sugar for 6 tablespoons granulat sugar; fold in puree.

MANGO ICE CREAM

This has replaced vanilla as our fav ite ice-cream flavor.

- 1¼ cups mango puree*
- ½ cup honey
- 1 cup heavy or whipping cream
- 1 container (8 oz.) plain yogurt
- 3 tablespoons lime juice
- 2 tablespoons amber rum

In large bowl combine all ingredien and whisk until smooth. Refrigera until very cold, at least 4 hours or ov night. Transfer to ice-cream maker a freeze according to manufacturer's rections. Makes ten ½-cup servin about 175 calories each.

**Mango Puree:* Cut 2 large mangoes half lengthwise. Cut out and disca pits. Scrape mango pulp into blend and puree. E

MOM'S HOME COOKING
continued from page 129

GRACE BALDUCCI DORIA

VEGETABLE FOCACCIA

pictured on page 128

- 1 package active dry yeast
- 1 cup warm water (105°F.–115°F.)
- 3 cups all-purpose flour
- 1 egg
- 5 tablespoons olive oil, divided
- 1½ teaspoons table salt
- 1 teaspoon coarse salt
- 1 bunch escarole, blanched
- 6 marinated artichoke hearts, sliced
- 3 Italian plum tomatoes, sliced
- 6 ounces mozzarella cheese, sliced

In bowl combine yeast and water; set aside until foamy. Place flour in large bowl; add egg, 3 tablespoons oil, table salt and yeast mixture. Stir until combined. On lightly floured surface, knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover and let rise in warm, draft-free place until doubled in bulk, about 1 hour.

Preheat oven to 425°F. Lightly grease 2 cookie sheets. Divide dough into 4 pieces and roll each into an 8-inch circle. Transfer to prepared sheets. Brush with some oil and sprinkle with coarse salt. Top decoratively with escarole, artichokes, tomatoes and mozzarella. Brush with remaining oil. Bake until crust is golden, about 20 to 25 minutes. Makes 8 servings, about 345 calories each.

ZITI WITH MUSHROOMS AND TOMATOES

- ½ cup butter, divided
- 3 garlic cloves
- 8 green onions, cut into 1-inch piece
- 12 fresh Italian plum tomatoes, chopped, or 1 can (28 oz.) Italian plum tomatoes
- ⅓ cup chopped fresh basil or 1 tablespoon dried
- 2 tablespoons chopped flat-leaf parsley
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 pound mushrooms, sliced
- 1 pound ziti, cooked according to package directions
- ¾ cup grated Parmesan cheese

In medium skillet heat (continue





In a taste test with kids, guess who finished first?

aste test was conducted by an independent research company. And the name of each cookie was kept a secret from the kids, so all they knew was which one tasted the best.



MOM'S HOME COOKING
continued

4 tablespoons butter. Add garlic and saute until golden, about 3 minutes. Discard garlic. Add green onions and cook until limp, about 2 minutes. Remove from skillet and set aside. To skillet add tomatoes, basil, parsley, salt and pepper. Bring to a boil; reduce heat and simmer until thickened, about 15 minutes.

Meanwhile, in small skillet heat remaining 4 tablespoons butter. Add mushrooms; saute until tender and most of liquid has evaporated, about 5 to 10 minutes. Add to tomato sauce with reserved green onions. In serving dish combine sauce and ziti; toss well. Sprinkle with Parmesan. Makes 8 servings, 400 calories each.

AMARETTO MOUSSE

- 2 eggs, separated, at room temperature
- 1½ cups milk
- 1 tablespoon unflavored gela
- ¼ cup sugar, divided
- 1 cup (4 oz.) crushed amaretto cookies
- 3 tablespoons amaretto liqueur
- 1 cup heavy cream, whipped

In medium bowl beat egg yolks with milk. In medium saucepan combine gelatin with 2 tablespoons sugar. Stir in milk mixture and let stand 1 minute. Cook over low heat, stirring, until gelatin is completely dissolved, about 5 minutes. Stir in cookies and liqueur. Pour into large bowl and refrigerate, stirring occasionally, until mixture mounds slightly when dropped from a spoon, about 50 to 60 minutes.

In mixer bowl beat egg whites until soft peaks form. Add remaining 2 tablespoons sugar and beat until stiff peaks form. Fold into gelatin mixture, then fold in whipped cream. Pour into bowl and refrigerate at least 3 hours. Makes 10 servings, 200 calories each.

LEEANN CHIN

SCALLOPS WITH SNOW PEAS

pictured on page 128

- 1 pound bay scallops (or 1 pound sea scallops, cut horizontally into ¼-inch slices)
- 3½ teaspoons cornstarch, divided
- ¼ teaspoon salt
- ⅛ teaspoon sesame oil
- ⅛ teaspoon white pepper
- ½ pound snow peas, halved
- 2 tablespoons water
- 1 tablespoon oyster sauce
- 5 tablespoons salad oil, divided
- 1 tablespoon minced fresh ginger
- 2 teaspoons minced garlic
- ½ cup sliced bamboo shoots
- ½ cup chicken broth
- 2 green onions, cut into 2-inch piece

In medium bowl combine scallops, teaspoon cornstarch, salt, sesame and pepper; toss. Marinate 30 minut

In saucepan in 1 inch boiling wat cook snow peas 1 minute; drain. Rin under cold water and drain again. small bowl combine remaining co starch, water and oyster sauce.

In wok or large heavy skillet heat tablespoons salad oil. Add ginger, g lic and scallops; stir-fry until scallo are opaque. Remove from skillet a set aside. Wipe out wok and heat maining 2 tablespoons salad oil. A bamboo shoots and stir-fry 1 minu Add broth and bring to a boil. Retu scallops to wok; stir in cornstarch mi ture until well combined. Add sn peas and heat through. Transfer serving platter and garnish with gre onions. Makes 4 servings, about 2 calories each.

CHICKEN WINGS WITH OYSTER SAUCE

- 2 tablespoons salad oil
- 8 chicken wings (about 1½ lbs.), halv at joints and tips discarded
- 1 teaspoon minced fresh ginger
- 1 teaspoon minced garlic
- ¼ cup oyster sauce
- 1 tablespoon dry white wine
- 1 teaspoon soy sauce
- ¼ cup chicken broth
- 1 tablespoon cornstarch dissolved in 1 tablespoon cold water

Heat oil in wok or large heavy skill Add chicken wings, ginger and garl stir-fry 2 minutes. Stir in oyster sauc wine and soy sauce; combine well. St in broth and bring to a boil. Redu heat; cover and simmer 15 minute Stir in cornstarch mixture and simm stirring, 2 minutes. Makes 4 serving about 225 calories each.

SESAME PORK

- 1 egg, lightly beaten
- 2 tablespoons salad oil
- 5 tablespoons cornstarch, divided
- 1 teaspoon salt
- 1 teaspoon soy sauce
- ¼ teaspoon white pepper
- 1¼ pounds boneless pork loin, cut into ¾x¼-inch strips
- Salad oil, for deep-frying
- ¾ cup all-purpose flour
- 1 tablespoon salt
- 1 teaspoon baking soda
- 3 tablespoons sesame seed, toasted
- 2 tablespoons chopped green onion

Sauce

- 2 tablespoons salad oil
- 2 teaspoons red pepper flakes
- 2 teaspoons minced garlic
- ¾ cup chicken broth
- ⅔ cup rice wine vinegar
- ½ cup sugar
- 2 teaspoons soy sauce

(continue



"Mark, if you'd quit staring at the page
I could start making the pasta salad with Miracle Whip."®

Only the tang, the zip of MIRACLE WHIP Salad Dressing could make a pasta salad that bursts with this much color and creamy taste.

It's a summertime favorite made extra special. So make extra today!

Garden Pasta Salad

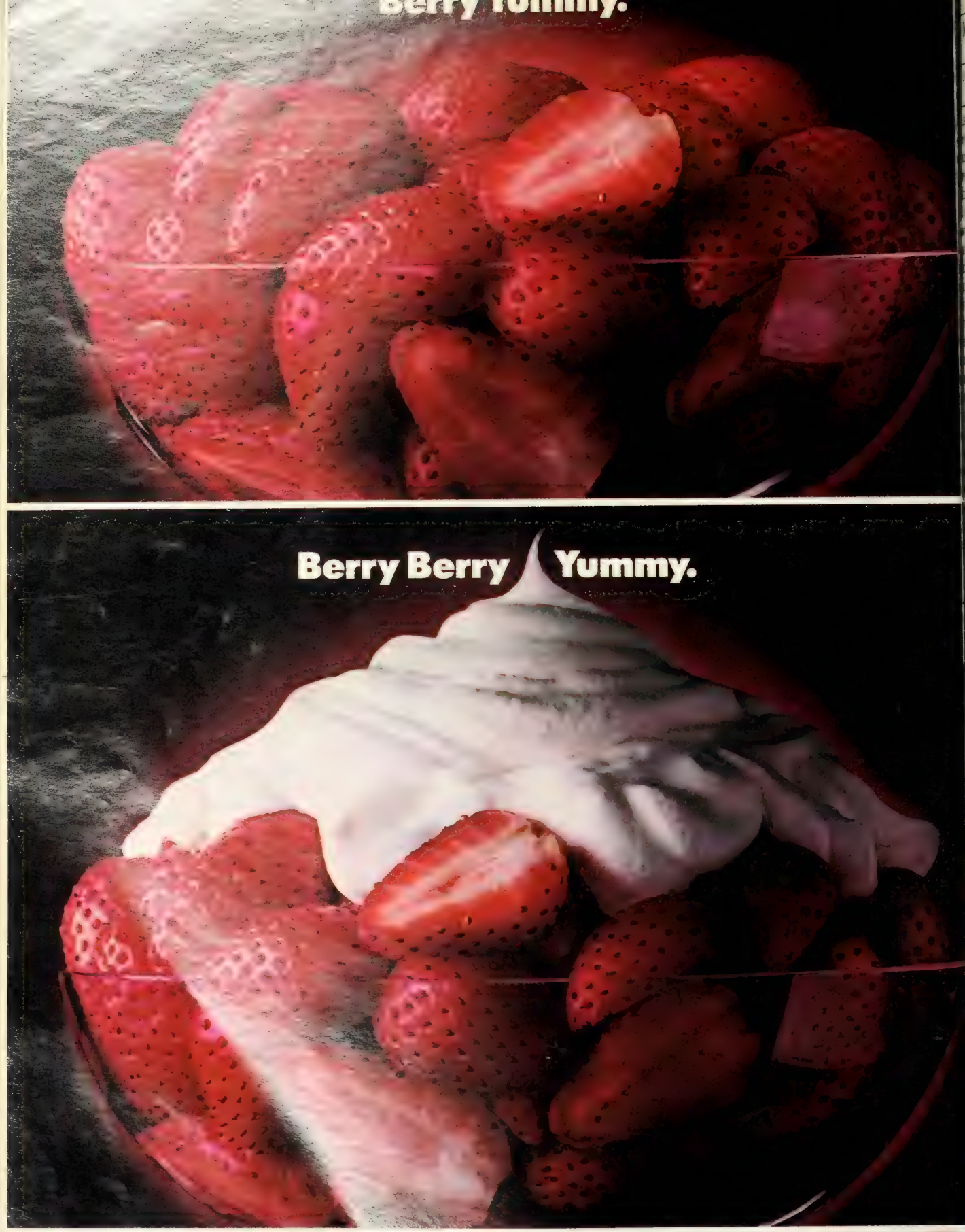
(Main Dish)

- 1 cup MIRACLE WHIP Salad Dressing
- ¼ cup chopped parsley
- 1 tsp. dried basil leaves, crushed
- 1 garlic clove, minced
- 1 8-oz. pkg. J.L. KRAFT SELECT Mild Natural Cheddar Cheese, cubed
- 2 cups broccoli flowerets, cooked
- 1 cup (4 oz.) tri-color corkscrew noodles, cooked, drained
- 2 medium tomatoes, cut into thin wedges
- ½ cup chopped walnuts (optional)

Combine salad dressing, parsley, basil and garlic; mix well. Add cheese, broccoli and noodles; mix lightly. Chill. Arrange tomatoes on platter; top with salad. Sprinkle with walnuts. 6 servings



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If your family likes strawberries, they'll love strawberries with Cool Whip® Whipped Topping. Try Strawberry Shortcake; serve it on waffles. Cool Whip is only 16 calories a serving.

GENERAL FOODS

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1 tablespoon cornstarch dissolved in 2 tablespoons water

arge bowl combine egg, oil, 2 table-ons cornstarch, 1 teaspoon salt, soy ce and white pepper; stir in pork. er and refrigerate 30 minutes.
n deep-fat fryer or deep skillet heat to 375°F. Meanwhile, in medium l combine flour, ¾ cup water, re-ining 3 tablespoons cornstarch, salt baking soda. Add to pork mixture stir until well coated. Fry pork a pieces at a time, turning occasion-, until golden brown, about 2 min-s. Drain on paper towels. Keep m in 200°F. oven while frying re-ining pork. Garnish with sesame d and green onion. Serve sauce on side for dipping. Makes 6 servings, ut 500 calories each.
ce: In large saucepan heat oil. Re-e heat to low; add red pepper flakes l garlic. Stir-fry 30 seconds. Add th, vinegar, sugar and soy sauce. ng to a boil. Stir in cornstarch mix-e and cook until thickened.

CHINESE CHICKEN SALAD

Salad oil, for deep-frying
ounces cellophane noodles (see note)
1 teaspoon salad oil
1 egg, lightly beaten
3 cups shredded cooked chicken
½ head (about ¾ lb.) iceberg or Chinese lettuce, shredded
1 carrot, shredded
⅓ cup chopped green onions
1 tablespoon sesame seed, toasted
5 tablespoons hoisin sauce (see note)
3 tablespoons rice wine vinegar
1 tablespoon sugar
1 tablespoon soy sauce
1 tablespoon sesame oil
½ teaspoon salt

In wok or deep skillet heat 1 inch oil to 400°F. Add one quarter of the noodles and fry, turning once, until puffed, about 5 seconds. Drain on paper towels. Repeat with remaining noodles.

Wipe out wok or skillet and heat until water sprinkled on surface bubbles and skitters. Add 1 teaspoon salad oil and tilt to coat bottom. Add egg and tilt to coat bottom. Cook, turning once, until firm, about 10 seconds. Transfer to plate and cut into thin strips.

In large bowl combine chicken, lettuce, carrot, green onions and egg strips; sprinkle with sesame seed. In small bowl combine hoisin sauce, vinegar, sugar, soy sauce, sesame oil and salt. Pour over salad; add noodles; toss. Makes 8 servings, 190 calories each.
Note: Cellophane noodles (or bean threads) and hoisin sauce can be found in Oriental groceries or in the specialty section of your supermarket.

AÍDA GABILONDO
GARDEN TOSTADAS

pictured on page 129

Salad oil
8 corn tortillas
2 cups shredded lettuce
1 cup seeded, chopped tomatoes
¼ cup chopped green onions
½ cup sliced radishes
¼ cup chopped cilantro
¼ cup Garlic Vinaigrette (recipe follows)
Salt and freshly ground pepper
2 cups Guacamole (recipe follows)
1 cup (4 oz.) shredded mozzarella cheese
¼ cup grated Parmesan cheese
Pimiento-stuffed olives, for garnish

In heavy skillet heat 1 inch salad oil to 375°F. Cook tortillas one at a time, 1 minute per side. Drain on paper towels.

In large bowl combine lettuce, tomatoes, green onions, radishes and cilantro. Toss with ¼ cup Garlic Vinaigrette and salt and pepper to taste. Spread 2 tablespoons Guacamole on each tortilla. Top with vegetables, cheeses and olives. Makes 4 servings, about 590 calories each.

Garlic Vinaigrette

1 cup salad oil

(continued)





MOM'S HOME COOKING
continued

- ⅓ cup white vinegar
- 1 tablespoon mashed garlic
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon paprika

In small jar with tight-fitting lid combine all ingredients; shake well. Makes 1½ cups, 90 calories per tablespoon.

Guacamole

- 3 ripe avocados, peeled
- ¾ cup chopped tomatoes
- ½ cup minced onion
- ¼ cup fresh lime juice
- 2 teaspoons salt

In medium bowl mash avocados; stir in remaining ingredients. Makes 2¼ cups, about 35 calories per tablespoon.

SHRIMP RANCHEROS

- ¼ cup butter
- 1 pound shrimp, shelled and deveined
- 1 large garlic clove, mashed
- Salt and freshly ground pepper
- 2 tablespoons salad oil
- 1 cup thinly sliced onions
- 1 cup finely chopped tomatoes
- 3½ tablespoons water
- ¼ teaspoon cumin
- 1 serrano pepper, seeded and sliced

In medium skillet melt butter. Add shrimp and garlic; cook 2 to 3 minutes, until shrimp turns pink. Season with salt and pepper.

In large skillet heat oil. Add onions and saute until translucent. Add tomatoes, water, cumin, serrano pepper and salt and pepper to taste. Cover and cook over medium heat, stirring occasionally, 5 minutes. Add shrimp; cover and remove from heat. Let stand 5 minutes. Makes 4 servings, 245 calories each.

MEATBALLS IN CHILI PEPPER SAUCE

- 9 garlic cloves, divided
- Salt
- 1 cup corn flour (masa harina)
- ¾ cup warm water
- 1 pound lean ground pork
- 1 pound lean ground beef
- 1 egg
- Freshly ground pepper
- 2 cans (28 oz. each) Italian-style tomatoes, drained
- 3 canned chipotle chilies (or 3 canned jalapeño peppers plus 3 drops natural liquid smoke)
- ¼ cup salad oil
- ½ cup chopped onion
- 2 tablespoons instant chicken bouillon granules
- 1 teaspoon cumin

In small bowl mash 4 garlic cloves to a paste with ½ teaspoon salt. In bowl combine corn flour with warm water. Add pork, beef, egg and garlic paste; a 1 teaspoon salt and ½ teaspoon pepp knead well. Shape into 1-inch balls.

In blender puree tomatoes with r maining garlic; force through sieve large strainer into bowl. In blend puree chilies with 1 cup water; strain

In Dutch oven heat oil. Add oni and cook over medium heat, stirring minutes. Add strained tomato pure cover and cook 5 minutes. Stir in bou lon granules and cumin; cook 2 mi utes. Gradually add strained ch puree, tasting for spiciness after ea addition. Add meatballs and bring to boil. Cover and cook 3 minutes. Redu heat and simmer 30 minutes, turni meatballs. Makes 8 servings, about 3 calories each.

GREEN ENCHILADAS

Green Sauce

- 1 pound fresh or canned tomatillos (Mexican green tomatoes), peeled
- 3 cups water
- 2 garlic cloves
- 1 cup cilantro leaves
- ½ cup sliced onion
- 2 tablespoons salad oil
- 1½ teaspoons salt
- 1 teaspoon sugar

- 2 cups sour cream
- ¼ cup milk



½ teaspoons mashed garlic
Salt
½ cup salad oil
2 fresh or frozen corn tortillas, thawed
2 cups shredded cooked chicken
½ pound Monterey jack cheese, sliced
2 tablespoons grated Parmesan cheese

reen Sauce: In large saucepan com-ne tomatillos and water; cook until nder, about 5 minutes. Drain. In food ocessor or blender combine tomatil-s, garlic, cilantro and onion; puree ıtil smooth and creamy. In medium ıucepan heat oil. Add puree, salt and ıgar; simmer 5 minutes. Set aside.

Preheat oven to 350°F. In small bowl mbine sour cream, milk, garlic and lt to taste. In small skillet heat oil. ith tongs, carefully add tortillas one a time and soften 5 seconds. Turn ıd soften other side 2 seconds. Drain ı paper towels.

Spread thin layer of Green Sauce in 3x9-inch baking dish. Spread each tor-lla with 1 tablespoon sauce; top with ıicken and Monterey jack. Roll up and lace seam side down in prepared dish. op with remaining sauce and drizzle ith sour cream mixture. Sprinkle ith Parmesan. Bake 20 minutes or ntil heated through. Makes 6 serv-ıgs, about 640 calories each.

om MEXICAN FAMILY COOKBOOK, by Aida Gabilondo, be published by Fawcett Columbine in July 1986.

SYLVIA WOODS

BARBECUED RIBS

pictured on page 129

Sauce

1 can (8 oz.) tomato sauce
1 bottle (14 oz.) ketchup
2 cups water
½ cup Louisiana hot sauce
¼ cup firmly packed brown sugar
1 onion, sliced thin
1 green pepper, diced
1 lemon, seeded and sliced

2 slabs pork ribs (2½ to 3 lbs. each)
2 teaspoons salt
1½ teaspoons red pepper flakes
1 teaspoon freshly ground pepper
1½ cups cider vinegar

Sauce: In medium saucepan combine all ingredients; cover and simmer over low heat, stirring, 45 minutes. Refrigerate covered 24 hours.

Meanwhile, pat ribs dry with paper towels. In small bowl combine salt, red pepper flakes and pepper. Rub well over both sides of ribs. Cover loosely and refrigerate overnight.

Preheat oven to 425°F. Place ribs in 16x11-inch roasting pan; pour in vinegar. Bake, turning ribs two or three times, 1 to 1½ hours, until fork-tender and beginning to come away from bones. Drain off pan juices. Bake 25 to 30 minutes more, until browned. Meanwhile, reheat sauce over low heat. Spoon some sauce over ribs before serving. Makes 8 servings, about 410 calories each.

CANDIED YAMS

pictured on page 129

4 pounds fresh yams or sweet potatoes, unpeeled, or 6 cans (17 oz. each) yams or sweet potatoes, drained*
6 tablespoons butter, cut up
¾ cup sugar
½ teaspoon nutmeg
1 cup water
2 teaspoons vanilla extract

In large saucepan of boiling water boil fresh yams 30 minutes. Preheat oven to 350°F. Peel fresh yams and cut into quarters lengthwise.

In baking pan combine fresh or canned yams with butter, sugar and nutmeg. Toss gently. In small bowl combine water and vanilla and pour over yams. Bake 1½ hours or until tender, turning and basting occasionally. Makes 8 servings, about 360 calories each.

*If using canned yams, bake covered 45 minutes, then bake uncovered 45 minutes.

(continued)

Health tips
From Nurse Joan Kane



What to do if someone has the flu and diarrhea.

Flu usually *means* diarrhea, and you want a medication that works fast, but gently. That's why I recommend what doctors and pharmacists recommend most. KAOPECTATE® It's the diarrhea specialist—the only leading nonprescription medication created just for diarrhea. It's so effective, it relieves diarrhea within 24 hours. And Kaopectate® is available in three convenient formulas:





Regular Liquid, Peppermint Flavored Concentrate, and even a Tablet Formula that's easy to take *and* great to have around, even when flu season is over.

What to do if someone has itches and rashes.

Again, I recommend what doctors and pharmacists recommend most. Cortaid® It's all you need to treat eczema, dermatitis, insect bites, poison ivy, and poison oak.



So you don't need a lot of different creams or ointments. All you need is Cortaid. And it is a proven treatment. Over 40 million people have used Cortaid! And so should you to relieve all minor itches and rashes.



Upjohn

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MOM'S HOME COOKING
continued

COLLARD GREENS WITH HAM

pictured on page 129

- 6 pounds collard greens, trimmed and coarsely chopped
- 1 meaty ham bone (about 1½ lbs.)
- 5 cups water
- Salt and freshly ground pepper
- 2 tablespoons distilled white vinegar

In 5-quart Dutch oven combine greens, ham bone, water, 2½ teaspoons salt and ½ teaspoon pepper. Bring to a boil; reduce heat and simmer uncovered 1½ hours, adding more water if necessary. Remove ham bone; shred meat and return to Dutch oven, discarding bone and skin. Season with salt and pepper. Stir in vinegar. Makes 8 servings, about 200 calories each.

PEACH COBBLER

pictured on page 129

- 1 cup plus 1 tablespoon sugar
- 3 tablespoons cornstarch
- 6 tablespoons butter, divided
- 6 cans (16 oz. each) peach halves, drained (reserve ¼ cup syrup)
- 2 tablespoons vanilla extract
- 1¾ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup cold shortening, cut up
- About ¾ cup buttermilk

In small bowl combine 1 cup sugar and cornstarch. In large saucepan melt 4 tablespoons butter with reserved syrup over medium heat; stir in sugar mixture. Add peaches and stir until well combined. Simmer over medium heat 5 minutes. Remove from heat and stir in vanilla. Transfer to 3-quart baking dish, 2¼ inches deep; let cool. Cover and let stand at room temperature at least 6 hours or overnight.

Preheat oven to 375°F. In medium bowl combine flour, remaining 1 tablespoon sugar, baking powder, baking soda and salt. With pastry blender or 2 knives, cut in shortening until mixture resembles coarse crumbs. With wooden spoon, gradually stir in buttermilk until just moistened. (The amount of liquid used may vary.) On lightly floured surface, roll dough to ⅜ inch. Drape over peaches and trim if necessary. Bake 25 minutes. In small saucepan melt remaining 2 tablespoons butter; brush over crust. Bake until golden, about 5 to 8 minutes more. Serve hot or at room temperature. Makes 8 servings, about 550 calories each. **End**

QUICK MEALS
continued from page 121

ENTERTAINING MENUS
by Diane Holtaway

*Veal with Pancetta and Sage
*Orzo with Broccoli
Tossed Salad
*Spring Fruit Compote
***Recipe given**

The veal scallops in Diane's menu a best if sauteed quickly to preserve the delicate texture. If you want to use t microwave, try turkey cutlets instead they will remain moist and succulent

VEAL WITH PANCETTA AND SAG

pictured on page 121

- 2 pounds veal scallops or pounded turkey cutlets
- Salt and freshly ground pepper
- ½ cup plus 2 tablespoons all-purpose flour
- 1½ cups chicken broth
- ¼ cup fresh sage leaves or ½ teaspoon dried
- 2 ounces pancetta or bacon, coarsely chopped
- ½ cup butter, divided
- ¾ cup dry white wine

Season veal or turkey with salt ar pepper. Dredge in ½ cup flour. In sma bowl combine chicken broth and r maining 2 tablespoons flour; add sage

In large skillet cook pancetta bacon until crisp. Transfer with slotte spoon to paper towels to drain. In sam skillet melt 4 tablespoons butter. Ad veal scallops and saute over mediun high heat 2 minutes per side. Transfe to serving platter; keep warm. Cook re maining veal in remaining 4 table spoons butter; transfer to platter. Ad wine to skillet and simmer over hig heat 1 minute, scraping up brown bit Add chicken broth mixture; reduc heat and simmer 5 minutes. Pour ove veal and top with pancetta. Makes 6 t 8 servings, about 590 calories each pe 6, 440 calories each per 8.

To microwave: Use turkey only, alon with 4 tablespoons butter, ½ cup win and 1 cup chicken broth. Prepare tur key as directed. In 2-quart shallow mi crowaveproof dish microwave bacon o pancetta on High 3 minutes. Remov with slotted spoon.

Melt 4 tablespoons butter on High minute. Add a third of the turkey cut lets and microwave covered on High minutes. Turn and cook 1 minute more Transfer to serving platter; keep warm Repeat with remaining turkey. (Do no add butter.) Add broth and wine blended with flour and sage. Microwave on High 7 minutes, stirring *(continued)*

Dare to be More.



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every 2 minutes. Season to taste with salt and pepper. Pour sauce over turkey; top with pancetta.

ORZO WITH BROCCOLI

pictured on page 121

½ pound orzo macaroni
3 tablespoons olive oil
2 garlic cloves, pressed
3 cups broccoli florets
½ cup chicken broth
½ teaspoon salt
¼ teaspoon freshly ground pepper

Cook orzo according to package directions. Meanwhile, in medium saucepan heat oil. Add garlic and saute 1 minute. Add broccoli and toss well. Add chicken broth, salt and pepper; cover and cook 3 to 5 minutes or until tender-crisp. In serving bowl toss with orzo. Makes 6 to 8 side-dish servings, about 215 calories each per 6, 160 calories each per 8.

SPRING FRUIT COMPOTE

pictured on page 121

1 cantaloupe, peeled and cubed
1 cup seedless green grapes
1 pint strawberries, halved
2 kiwi fruit, peeled and sliced
1 tablespoon lime juice
1 tablespoon light rum
or orange juice
1 tablespoon sugar
1 tablespoon grated lime peel

In medium bowl combine fruit. In small bowl combine lime juice, rum or orange juice, and sugar. Pour over fruit. Sprinkle with peel and toss well. Makes 6 to 8 servings, about 85 calories each per 6, 65 calories each per 8.

***Minted Pea Soup**
***Spicy Flank Steak**
***Buttered New Potatoes**
Steamed Green Beans
Cheesecake
***Recipe given**

Homemade soup, meat and potatoes prepared in half an hour? Sure, says Diane. For the soup, peas, lettuce and chicken broth are whirled in the blender (use the outer leaves of the lettuce you might not want in a salad). Scoring the steak gives it extra flavor in a mere ten minutes of marinating.

MINTED PEA SOUP

¼ cup butter or margarine
1 package (10 oz.) frozen baby peas
2 cups coarsely shredded
iceberg lettuce
1 green onion, coarsely chopped
1 can (14¾ or 15½ oz.) chicken brot
3 tablespoons coarsely chopped
fresh mint leaves
2 teaspoons lemon juice
⅛ teaspoon salt
⅛ teaspoon white pepper
Sour cream, for garnish

In medium saucepan melt butter or m
garine. Add peas, lettuce and gr
onion; cook, stirring occasionally, 15 m
utes. Add chicken broth blended w
enough water to equal 3 cups; simme
minutes. Remove from heat; stir in mi
lemon juice, salt and pepper. In blen
puree soup in 2 batches until smooth.
with sour cream. Makes 6 cups, about
calories per cup without garnish.

SPICY FLANK STEAK

¼ cup soy sauce
3 garlic cloves, pressed
1 teaspoon freshly ground pepper
2¼ pounds flank steak

In small bowl combine soy sauce, g
lic, pepper and salt. With sharp kni
score steak in diamond pattern; pla
on broiler rack. Brush with half the s
sauce mixture. Let stand 10 minutes

Preheat broiler. Broil steak 5 m
utes. Turn and brush with remaini
soy sauce mixture. Broil 3 to 5 minut
more. Slice thin diagonally. Makes 6

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PARKE-DAVIS

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vings, about 255 calories each per
0 calories each per 8.

BUTTERED NEW POTATOES

unds small new potatoes,
halved
olespoon salt
olespoons butter or
margarine
olespoon chopped parsley

arge saucepan combine potatoes
salt and water to cover. Cover and
g to a boil over high heat. Boil 15
utes; drain. In serving bowl toss
butter or margarine and parsley.
es 6 to 8 servings, about 175 calo-
per 6, 145 calories per 8.

FAMILY MENUS

by Elizabeth A. Marks

Stir-Fried Chicken and Cilantro
Steamed Rice
*Sesame Pepper Salad
*Ginger-Honey Ice Cream
Fortune Cookies
***Recipe given**

trick with Elizabeth's Oriental-style
u is to chop all your ingredients
re you start cooking. Stir-fry the
er salad first—the flavors mellow
le you make the chicken.

STIR-FRIED CHICKEN AND CILANTRO

- 3 tablespoons rice wine vinegar, divided
- 2 tablespoons cornstarch, divided
- 1 egg white
- 1½ teaspoons salt, divided
- 1½ pounds chicken cutlets, cut into very thin 2-inch strips
- ¾ cup chicken broth
- 2 teaspoons sesame oil
- ½ teaspoon sugar
- ¼ teaspoon white pepper
- ¼ cup plus 1 tablespoon salad oil
- 1 tablespoon minced fresh ginger
- 1 teaspoon minced garlic
- 2 tablespoons chopped green onions
- 1 cup julienned green onion tops
- 2 cups packed cilantro leaves

In medium bowl combine 1 tablespoon vinegar, 1 tablespoon cornstarch, egg white and 1 teaspoon salt. Add chicken and toss well. Let marinate 10 minutes. Meanwhile, in small bowl combine chicken broth, sesame oil, sugar, white pepper and remaining 2 tablespoons vinegar, 1 tablespoon cornstarch and ½ teaspoon salt.

In wok or large skillet heat ¼ cup salad oil until very hot. Add chicken and stir-fry 3 minutes or until it loses its pink color. Drain on paper towels. Heat 1 tablespoon oil in wok until very hot. Add ginger and garlic; stir-fry 30 seconds. Add chopped green onions; stir-fry 30 seconds. Add julienned green onion tops; stir-fry 30 seconds more. Add broth mixture and chicken; stir-fry 1 to 2 minutes, until heated through and thickened. Stir in cilantro. Makes 4 servings, about 515 calories each.

SESAME PEPPER SALAD

- 1 tablespoon sesame seed
- 1 tablespoon salad oil
- 1 teaspoon minced garlic
- 3 red peppers, cubed
- 3 yellow peppers, cubed
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil

In wok or skillet toast sesame seed until golden; remove and set aside. Add salad oil to wok; heat until very hot. Add garlic and stir-fry 30 seconds. Add peppers and stir-fry 1 to 2 minutes. Add soy sauce and sesame oil; combine well. Serve hot or at room temperature. Toss with sesame seed before serving. Makes 4 servings, about 90 calories each.

GINGER-HONEY ICE CREAM

1 pint honey vanilla ice cream

(continued)

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2 tablespoons finely chopped crystallized ginger

Let ice cream stand until softened slightly. Stir in ginger. Freeze until ready to serve. Makes 4 servings, about 180 calories each.

*Oven-Fried Hazelnut Haddock
*Zucchini Medley
Crusty Bread
*Strawberries 'n' Cream
***Recipe given**

By oven-frying, Elizabeth delivers the haddock's nutty crunch without adding all the calories of deep-fat frying. Warm the bread in the oven with the fish during the last five minutes of cooking. It's perfect for mopping up the sauce from the Zucchini Medley.

OVEN-FRIED HAZELNUT HADDOCK

- 1 cup milk
- 2 teaspoons salt
- 1 cup finely chopped hazelnuts
- ½ cup dry bread crumbs
- ⅛ teaspoon thyme
- 1½ pounds haddock or cod fillets
- ¼ cup butter, melted
- Lemon wedges, for garnish

Adjust oven rack to highest position. Preheat oven to 525°F. Butter a 15x10½-inch jelly-roll pan.

In bowl combine milk and salt. In another bowl combine hazelnuts, bread crumbs and thyme. Dip fish in milk, then in nut mixture to coat well. Arrange on prepared pan; drizzle with butter. Bake 12 minutes. Garnish with lemon wedges. Makes 4 servings, about 500 calories each.

ZUCCHINI MEDLEY

- 2 tablespoons olive oil
- ½ cup chopped onion
- 1 teaspoon minced garlic
- 1 cup coarsely chopped tomatoes
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon basil
- 1 pound zucchini, sliced

In medium skillet heat oil over medium heat. Add onion and garlic; saute until onion is translucent. Add tomatoes, salt, pepper and basil. Simmer uncovered 5 minutes. Add zucchini; cover and simmer 5 minutes. Makes 4 servings, about 95 calories each.

STRAWBERRIES 'N' CREAM

- ¼ cup heavy or whipping cream
- 1½ teaspoons light brown sugar
- 2 tablespoons sour cream
- 1 pint strawberries, halved

In mixer bowl beat cream with sugar until soft peaks form. Fold in sour cream. Divide strawberries among 4 dessert dishes. Top with dollops of cream. Makes 4 servings, about 95 calories each.

MENUS FOR TWO

by Beverly Stephens

*Chicken Livers with Bacon and Peppers
Rice
*Caraway Cheese Bread
*Orange, Walnut and Arugula Salad
Coffee Ice Cream
***Recipe given**

By adding balsamic vinegar and red peppers, Beverly makes the classic combination of chicken livers and bacon even tastier. Be sure to buy fresh chicken livers—frozen will be bitter. A salad of sweet oranges and pungent arugula is the perfect complement.

CHICKEN LIVERS WITH BACON AND PEPPERS

pictured on page 120

- 3 slices bacon, diced
- ½ cup diced onion
- ½ cup diced red pepper
- 1 tablespoon cornstarch
- ¼ cup sweet vermouth
- ½ pound fresh chicken livers, trimmed, halved and pierced
- ½ cup chicken broth
- 2 tablespoons balsamic vinegar
- ½ teaspoon salt

In microwaveproof dish microwave bacon on High 2 minutes. Add onion and red pepper; microwave on High 1 minute more. Dissolve cornstarch in vermouth; add to dish with remaining ingredients. Cover with wax paper and microwave on High 2 minutes; stir. Microwave 5 minutes more. Let stand 2 minutes before serving. Serve over rice. Makes 2 servings, 400 calories each.

CARAWAY CHEESE BREAD

- 2 baguettes, each 5 to 6 inches long
- 2 teaspoons Dijon mustard
- ½ cup (2 oz.) shredded Havarti cheese with caraway

Preheat broiler. Cut a V-shaped wedge lengthwise from each baguette. Spread cavities with mustard and sprinkle with cheese. Broil on cookie sheet until cheese melts slightly, about 1 minute. Makes 2 servings, 335 calories each.

ORANGE, WALNUT AND ARUGULA SALAD

- 2 tablespoons lemon juice
- 1 tablespoon honey
- ⅛ teaspoon freshly ground pepper
- 1 bunch arugula
- 2 small oranges, peeled and diced
- ¼ cup chopped walnuts

In small bowl combine lemon juice, honey and pepper. In salad bowl toss arugu oranges and nuts with dressing. Make servings, about 205 calories each.

*Ham Steak with Red-Eye Gravy
*Garlic Grits
*Spicy Spinach
Watermelon
***Recipe given**

Beverly dares your Yankee friends guess the flavors in her ham with r eye gravy—sweet spices and coff Creamy garlic cheese enlivens the gr mustard and just a touch of sugar w magic on the spinach.

HAM STEAK WITH RED-EYE GRA

- 1 ham steak (1 lb.), 1 inch thick
- 2 tablespoons light brown sugar
- ¼ teaspoon cinnamon
- ⅛ teaspoon cloves
- 2 teaspoons instant coffee powder
- 1 cup boiling water

Trim and dice fat from ham. In ca iron skillet cook fat over medium h until it renders 2 tablespoons dr pings. With slotted spoon, discard soli

Meanwhile, in small bowl combi sugar, cinnamon and cloves; rub i both sides of ham. Add ham to hot sk let and cook until browned, about minutes per side. Transfer to platter a keep warm. In cup dissolve coffee in b ing water and add to skillet. Cook ur syrupy, about 10 minutes. Makes 2 se ings, about 365 calories each.

GARLIC GRITS

- 1¾ cups water
- 2 tablespoons butter or margarine
- Pinch salt
- ½ cup instant grits
- ⅓ cup garlic-flavored cheese
- Dash red papper sauce

In medium covered saucepan bri water, butter or margarine, and salt a boil. Stir in grits. Cover and co stirring occasionally, until liquid is a sorbed, about 5 minutes. Remove fr heat and stir in cheese and red pepp sauce. Serve immediately. Makes servings, about 380 calories each.

SPICY SPINACH

- 2 tablespoons water
- 1 teaspoon light brown sugar
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- ¼ teaspoon ground red pepper
- 1 pound spinach, washed and trimme
- Distilled white vinegar

In large skillet combine water, sug salt, mustard and red pepper. Add spi ach; cover and cook over medium hea minute. Uncover and toss until spina is wilted. Serve with vinegar. Makes servings, about 60 calories each. E

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UNHAPPY ENDINGS

continued from page 101

ed that Chris had to live with his ner—who was moving to Alaska to e a new job. After a year of negotia-, Lynda was finally granted custody of is, too—but the emotional toll lingers.

Are there any answers?

narriages are made in heaven, are orces made in hell? None of the nen in this report wishes she'd ved in a marriage gone bad. Some of m are emerging from the fire of di-ce stronger, more sure of them-ves, capable of doing things they er dreamed about before. Between se-cleaning jobs, Sharon Hudson npleted courses for a real-estate li-se. She hopes to obtain one soon. ly Donald is working at home on vsletters and flyers for SUPPORT l is rediscovering her talent for art. nda Smith has been dating a man met through friends.

But clearly these and other divorced men deserve justice. What can be ne in the courtroom to protect them l their children? According to sym-hetic judges, lawyers and support ups, the first step is to educate ges and lawyers. When divorce deci-ns are based on facts rather than myths, there will be more justice for everyone—wives, husbands and children. Seminars for judges, such as those given by the National Judicial Education Program, ought to be mandatory.

Experts also emphasize the need to upgrade the court system. The decisions made here are some of the hardest and most complicated any judge will ever make. Yet family law is a judicial stepchild, without the status and the standards to attract the best judges. At the same time, judicial experts contend, the laws themselves must be clarified. For instance, many statutes currently stipulate "temporary maintenance or maintenance." That does not prohibit the award of permanent maintenance for older homemakers, but some judges think it does. It would help to reword the statutes to say "permanent or temporary maintenance." The laws must also set realistic guidelines for maintenance awards. Child support should reflect what raising a child actually costs in each part of the country as well as what each parent can reasonably contribute. If parents have unequal earnings, their contributions should reflect an equal proportion or percentage of those earnings.

Not to be overlooked is the need to get tough on nonpaying ex-husbands. Support orders must be enforced with the same vigor as any court order. Right now, there's more force in the collection of car payments than child-support payments. And finally, society must help ex-wives to help themselves. To grant women the independence they need to support their children, high-quality, low-cost child care must become a national priority, and more job-training programs for displaced homemakers must be made available. Of course, a lone woman's complaint may not be heard. But if women are encouraged to join groups such as SUPPORT (in Pennsylvania) or Parents for Kids (in Texas), they will have a stronger voice in divorce legislation and enforcement. There may never be divorce without pain. But it is clear that much can be done to ease the agony of breaking up and starting over. **End**

COMING NEXT MONTH

Stories of Strong Women

The tales that took the top prizes in the Barbara Taylor Bradford–LHJ short-story contest. Selected from more than 8,000 entries, they're fiction you will never forget.



SPA CUISINE

Continued from page 104

Preheat broiler. Drain lamb, reserving marinade. Place on rack of broiler pan and broil 5 minutes per side. Cover and keep warm. Add reserved marinade to eggplant puree and bring to a simmer. Divide sauce among 4 serving plates. Cut each lamb fillet diagonally into 3 slices; arrange on sauce. Garnish with green beans and kasha. Makes 4 servings, about 425 calories each.

WHOLE WHEAT LINGUINE WITH SPRING VEGETABLES

- 1 tablespoon olive oil
- 2 large shallots, sliced thin
- 1 garlic clove, minced
- 1 jalapeño pepper, seeded and minced
- ¾ cup thinly sliced celery
- ½ cup thinly sliced carrot
- ¼ pound broccoli, separated into florets, stems sliced thin diagonally
- ¼ pound asparagus, sliced thin diagonally
- 1 small zucchini, sliced thin diagonally
- 1¼ cups sliced fresh shiitake or domestic mushrooms
- 3 ounces snow peas, halved diagonally
- ½ cup chicken broth or water
- ¼ pound fresh whole wheat linguine or 6 ounces dried, cooked according to package directions
- 6 tablespoons low-fat sour cream
- Freshly ground pepper
- 2 tablespoons chopped chives

In wok or large skillet heat oil over high heat. Add shallots, garlic and jalapeño; cook 1 minute until soft. Add celery, carrots, and broccoli stems; cook 1 minute. Add asparagus, zucchini, mushrooms, snow peas, florets and broth. Cover and cook 3 minutes.

Add linguine, sour cream and pepper; toss gently. Transfer to platter, sprinkle with chives. Serve immediately. Makes 4 servings, 260 calories each.

SQUID SALAD WITH BLACK BEANS

- 1 cup dried black beans
- 1 small onion, stuck with 4 whole cloves
- 1 bay leaf
- 1 dried chili pepper
- 3 garlic cloves, divided
- 1 teaspoon cumin seed, toasted
- 2 tablespoons red wine vinegar, divided
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 2 shallots, sliced
- 1 jalapeño pepper, seeded and minced
- 1 tablespoon chopped cilantro
- 10 ounces cleaned squid, cut into 4-inch pieces
- 12 cherry tomatoes, for garnish
- 4 lime slices, for garnish

In 2-quart stockpot cover beans with 4 cups water. Add onion, bay leaf, chili pepper, 2 garlic cloves and cumin seed. Bring to a boil; cover and simmer until beans are soft and all water is absorbed, about 2 to 3 hours. Discard onion, bay leaf, chili pepper and garlic. Toss beans with 1 tablespoon vinegar.

In small bowl combine remaining garlic, crushed, remaining 1 tablespoon vinegar, lemon juice, olive oil, shallots, jalapeño and cilantro. Whisk well and let stand at least 30 minutes.

Bring large saucepan of water to a rapid boil. Lightly score underside of each piece of squid; blanch in boiling water 5 seconds. Drain and plunge immediately into ice water. Pat squid dry; cut into narrow strips.

Discard garlic from dressing; whisk well. In large bowl toss with squid. Divide among 4 serving plates and surround with beans. Garnish with cherry tomatoes and lime slices. Makes 4 servings, about 280 calories each.

STEAMED VEGETABLES WITH LEMON VINAIGRETTE

- ¼ pound carrots, sliced
- ¼ pound turnips, sliced
- ¼ pound zucchini, sliced
- ½ pound yellow squash, sliced
- 1 small eggplant (about ¼ lb), sliced
- ¼ pound green beans, cut into thirds

Lemon Vinaigrette

- 3 tablespoons lemon juice
- 1½ teaspoons salt-free mustard
- 1 tablespoon olive oil
- ¼ cup water
- 2 tablespoons diced green pepper
- 2 tablespoons diced red pepper
- 2 tablespoons chopped radish
- 2 green onions, sliced thin
- 1 tablespoon chopped chives

Japanese radish sprouts, for garnish

In large saucepan with steamer basket bring 2 inches water to a boil. Place carrots and turnips in basket; cover and steam 3 minutes. Add remaining vegetables and steam 5 minutes or until tender-crisp.

Lemon Vinaigrette: In small bowl blend lemon juice, mustard, olive oil and water. Stir in remaining ingredients.

Arrange vegetables in separate groups on serving platter. Top with vinaigrette; garnish with sprouts. Makes 4 servings, 90 calories each.

TURKEY PAILLARDS WITH PEPPERS AND PINEAPPLE

- 1 pound skinless turkey breast
- 2 tablespoons minced fresh ginger
- 1 tablespoon minced fresh lemongrass or 1 teaspoon lemon pepper
- 1 jalapeño pepper, seeded and minced
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 large green onion, cut diagonally
- 2½ cups shredded Savoy cabbage
- ½ large red pepper, cut into strips
- ½ large yellow pepper, cut into strips
- ½ large green pepper, cut into strips
- 2 cups cubed fresh pineapple
- ½ cup chicken broth
- 2 tablespoons low-sodium soy sauce

Cut turkey breast into 4 equal sli diagonally against the grain. If nec sary, pound between sheets of wax p per to ½-inch thickness. In small bo combine ginger, lemongrass, jalape and garlic. Sprinkle over turkey and stand 1 to 2 hours.

In 10-inch nonstick skillet heat oli oil over high heat. Add green onion a cook until lightly browned. Add ca bage and cook until it begins to brow about 1 minute. Add peppers and cook minutes. Stir in pineapple and chick broth; cook 3 minutes. Keep warm.

Prepare grill or preheat broiler. Gr or broil turkey 3 to 4 minutes, turni once. Sprinkle with soy sauce. Trans to serving platter and surround wi pepper-pineapple mixture. Makes servings, about 240 calories each. **E**

MAY RECIPE INDEX

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. *Recipe includes microwave instructions.

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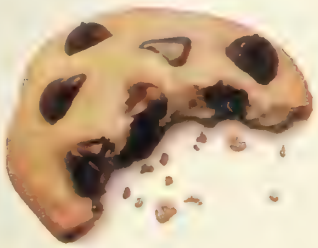
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FAMILY TIES

continued from page 39

immediately. We got married two years after *Bridget Loves Bernie* folded. He always said it took him a long time to decide that he could be a dad to these kids. And he has been. There's no question. He guides them. He nurtures them. He yells at them. He counsels them."

The couple faced a period of teenage rebellion from Eva a couple of years ago. "Every time we'd have a fight, we'd go up to her room, and she'd be sitting on her bed with a boarding-school handbook, fiercely thumbing through it—'I'll find one. . . . Anything to get away from here,'" says Meredith, imitating a testy teen. "Our relationship had become so much 'Is your room clean?' . . . 'Was your report done?' . . . 'Why this note from the teacher?'"

The unhappy pattern was brought to an abrupt halt when Eva was fourteen and had a bad riding accident. "She was thrown from a horse and broke her back. It rained the day before, which was lucky, because she was thrown into a mud puddle. I don't want to talk about the details because it sounds too morbid, but when they wheeled her out of the ambulance, she was strapped on this board, and she was shrieking because she was in such pain."

Meredith's eyes mist over as she continues. "There's nothing worse than something happening to your kid. It doesn't matter how old she is."

For several days, the family didn't know if Eva would walk again, but she had a spinal fusion and recovered (though another operation was required this spring). Meredith now believes that the accident had a beneficial effect. "It's so interesting how it galvanized us," she says thoughtfully. "We had had such an adversarial relationship that we never got a chance to sit back and say, 'This is a *fabulous* girl.' We had lost sight of that. And she even got a chance to see that we were good people. We were just argued out."

Today, Eva is at boarding school, but Meredith says the decision to go was a positive one, not an escape. "It's hard having her go away two or three years earlier than she normally might, but ultimately it was a really good choice for her—to get away from the Hollywood atmosphere that seems to pervade a lot of the schools here."

Meanwhile, the biggest change in Meredith's own life in the last two years was the arrival of Peter and Mollie. "I'd like to think I'm a better mother now, because when you're younger you have no idea what you're doing. I was still growing up when I had my first two. Being older has released [illegible] from a lot of the self-centeredness I [illegible] when I was much younger. And it's [illegible] ier now to put in the time because [illegible] more interested in them."

Tales of the twins

"Interested" is an understatement. [illegible] is unabashedly infatuated with [illegible] babies and seems delighted to be [illegible] in the nursery. And while she is [illegible] mally quite reserved about her priv[illegible] life, she is ever willing to talk ab[illegible] them. As Michael Fox says, "She *lo*[illegible] telling stories about them, which [illegible] drive you a little crazy. She's not [illegible] type of person where you can say 'H[illegible] are the babies?' and she'll say 'Fi[illegible] You'll *hear* about the babies. If [illegible] don't want to hear about babies, d[illegible] ask her. If you do, pull up a chair!"

Meredith is as voluble on the sub[illegible] as promised. It's true that talking ab[illegible] her babies seems to unleash someth[illegible] in her. "Peter has white, white hair [illegible] a tiny little face. Except for his co[illegible] ing, he looks just like David," she [illegible] gins. "He's got big eyes—just the lau[illegible] ingest eyes. He has an overbite, [illegible] and he'll have buckteeth just like I [illegible] Already he's chipped one tooth a cou[illegible] of times. His way of getting aroun[illegible] *bam*, face down.

"Mollie's hair is more honey-colo[illegible]



e's very thoughtful—quiet and contemplative. She has these enormous ue eyes that just look at you and take all in, and she may or may not smile you. Peter will say 'Hi'"—Meredith ves a broad, friendly smile and ve—"and is very up-front with everybody. He's by far the more charismatic of the two. He'll be as enchantingly dear as could be and then later ll be a whining pain in the neck. ollie is very cool and even-tempered. "When there are two of them you find urself watching them interact," she ntinues. "They are so adorable to ok at and funny as all get-out. But at doesn't help them. They *desperately* need one-on-one time. You really ed to talk to them, to let them try ings out on their own without the her one. You can't get one's attention lly when the other is around. . . . ollie was lying on the floor the other y, and Peter dropped a toy bus right her face. That's pretty young to be t with a double-decker bus. And then st night, I was getting them out of the ath, and . . ."

Meredith could go on, but it's time for ue afternoon rehearsal, and she is eager to get back to the set. (In fact, a sit-own lunch is unusual for her—ordinarily she naps at lunchtime so she'll e awake at night for her family.) In general, Meredith is a bit rushed these days. As Michael Fox says, she tends to "work a little quicker" at the studio so that no precious family time will be lost. When she can't actually be there, she finds time to call home frequently to see how "the guys" (Peter and Mollie) are doing. And she has put off plans for a trip to Europe. "I'd love to go, but the idea of being away from the babies very long makes me anxious. There's the need to hold those little bodies."

On the professional front, Meredith's only regret is that she can't shake her apple-pie image, and she does have a certain craving to play a villain someday. "You never get to play a murderer on *Family Ties*," she sighs, as she gets up. "Unless there's something I don't know about." She pauses, a mischievous glint in her deep-blue eyes, as she contemplates a surprise violent end to the series. "Now, wouldn't *that* be something," she says, laughing.

The finished product

Three days later, on Thursday, the show is taped. The taping is usually on Friday, but the schedule is bumped up a day so the cast can attend the Golden Globe Awards at week's end. (Both the show and Michael Fox had been nominated for awards, though neither won.) It seems miraculous that the episode that was so rough only a few days ago now translates onto film so smoothly. The segment in which Meredith was supposed to slide out from under the car has been dropped altogether, and whole sequences of dialogue have been rewritten to add new jokes and eliminate lines that didn't work.

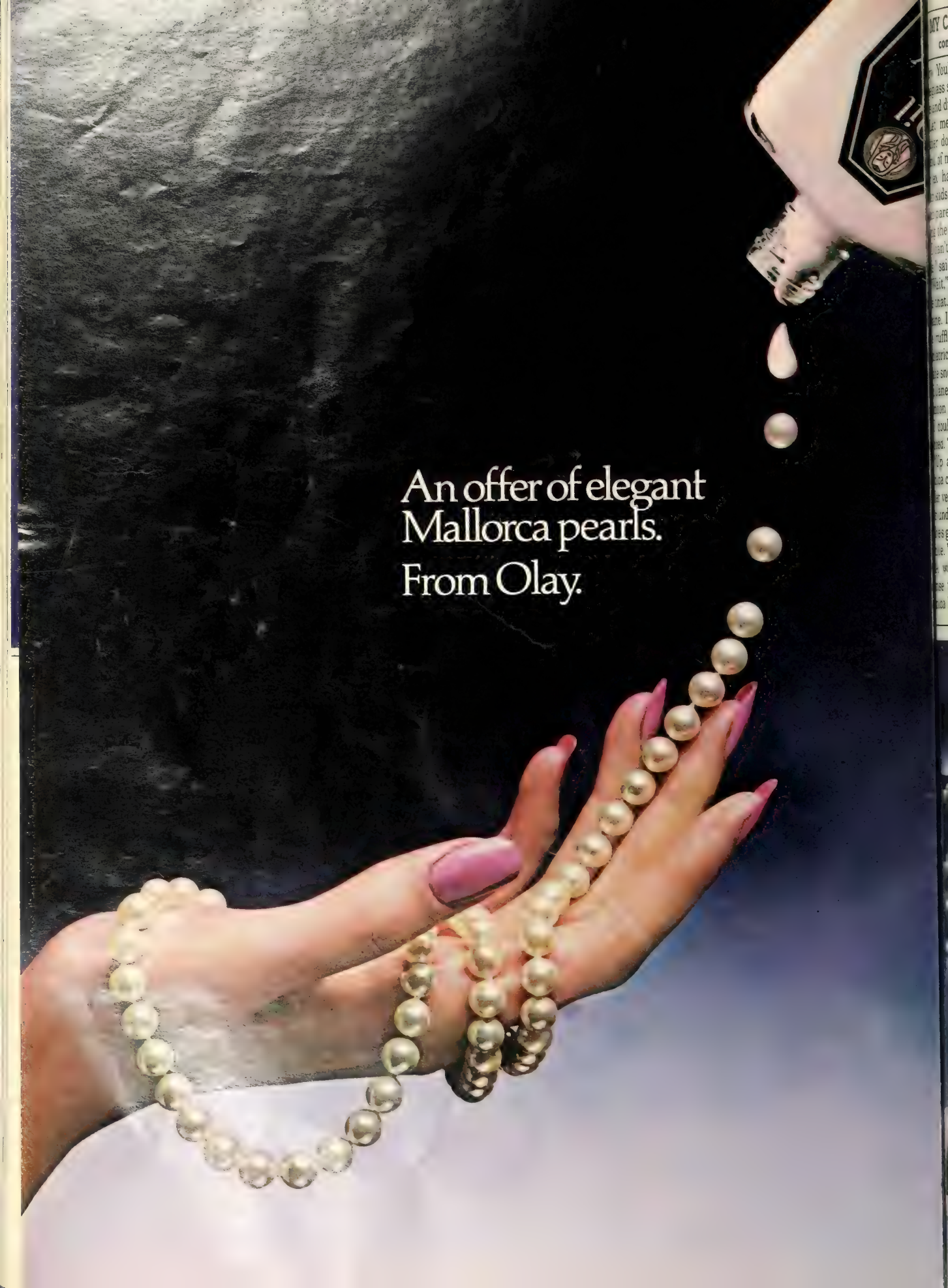
In a little over two hours the taping is completed. The cast can go home and relax. If they drive very quickly, they might even be able to catch the last minutes of their show on TV.

Just a few days later, the whole thing starts up again. The garage has been magically transformed into an art gallery. Aside from that, everything else looks pretty much the same. Except for Michael Fox. Last week's exhilaration seems to have turned into exhaustion. He's just come back from New Orleans, and he's pretty worn out.

Fortunately, this episode centers on Justine Bateman, twenty, who plays the Keatons' oldest daughter, Mallory. She walks onto the living-room set. All is quiet and ready to begin. Until she spots something moving on the ground. "Ooo! A cockroach!" shrieks Justine, as she grinds it into the floor.

"Well," says Michael Gross, "now we know. The Keaton family has roaches."

Everyone laughs. Another week has begun. **End**


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MY COUSIN VERONICA

continued from page 85

w. You'll see." Veronica raised her eglass solemnly. We clinked ours to and drank.

et me tell you what the smart her does," Veronica continued. "A d of mine has her own apartment, ex has *his* own apartment, and r kids live in the predivorce house. h parent spends half of every week g the custody thing."

can't imagine not living with my ," said Jane.

Wait," said Veronica. "I used to feel that. When Tracy was a baby I was me. I did it all—the little dresses, ruffled underpants . . . called the iatrician in the middle of the night e sneezed. The whole bit." She pat- Jane's hand. "Believe me. The hon- oon does end."

could see that Jane was uncon- ced. "How *is* Tracy?" she asked.

Up and down. Mostly down." Ve- ica closed her eyes and spoke softly. r veins stand out. I can't bear to see undressed." She took a deep breath. e's going to live with her father for a ile. We'll see how that goes."

waiter circled the table to dis- se the last drops of our wine. Ve- ica looked at us and opened her arms as if to embrace the whole restaurant.

"Isn't this fun? I love when we're together, just like when we were kids." She giggled. "Remember how we'd put the mattress on the floor and sleep in one room at your house? And the matching baby-doll pajamas that Grandma sent?"

"I have an old Polaroid of that," Jane said. "We had just cut your bangs, Abby." She moved two fingers along her forehead in a jagged path, and we all laughed.

"Let's have a slumber party tonight," Veronica said.

"We are," said Jane.

"No, I mean like when we were kids—all in one room. We'll make popcorn and talk all night."

Jane fluffed her hair. "Too bad I don't have enough beds—Abby could stand a trim." She laughed as if dismissing the plan.

"I'll sleep anywhere," Veronica said. "On the floor . . . in a sleeping bag . . ."

"David's expecting me," I said.

"So call him."

"I can't."

"You can't call your husband and tell him you're spending the night with your favorite cousin, who you haven't seen in a year?" She exhaled sharply and shook her head.

"Dave and Abby . . . he gets lonely without her," my sister offered. Veronica curled her lip.

I stood next to our table and tried to find a comfortable way of saying good night. As I walked out the door, I felt Veronica's angry stare and Jane's apologetic one following me out.

Jane called early the next morning to report that Veronica was upset.

"About last night?"

"She says you didn't trust her to understand about the infertility."

"Great," I said.

"I'm sorry, Ab. I had to tell her. She was jumping to much worse conclusions about you and David. She thought you didn't look well—which is not true, by the way. I thought you looked great."

"Thanks."

"Look—come up this morning. I'll make some coffee, and we'll straighten this out in ten minutes." Jane lowered her voice. "Decaffeinated in the Swiss Alps, of course." I laughed, and Jane said she loved me.

"Blame it on me," David offered as I left for Jane's house. "Say I forbade you to tell anyone we're trying . . . male ego and all that."

"You're nice."

"I don't give a damn *(continued)*



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MY COUSIN VERONICA

continued

what she thinks about me," he said.

"While on the other hand . . ."

"You're the baby cousin."

He kissed me good-bye and opened the front door with a flourish. I paused at the bottom of the steps.

"Jane doesn't take her seriously. She laughs when Veronica critiques her furniture arrangements."

"So can you."

Jane was steaming vegetables in the kitchen when I arrived. "We're having cauliflower and broccoli for lunch, period. To cleanse our systems." She crossed her eyes.

"Where's Veronica?"

"Out back."

"Is she still angry?"

Jane shrugged and patted my back without taking her hand from the quilted pot-holder mitt. "I think she feels left out."

I felt a flash of victory, then embarrassment, as if Jane could read my mind. I watched Veronica from the kitchen window. She was reclining on a lounge chair and holding her face to the sun. Her eyes were closed, and her lips moving—in conversation with whom, I wondered. An absent child? An old lover? Me? There was something odd and sad about the sight, and it took me a while to identify what it was: Veronica alone.

I opened the back door, and she turned around. Her face was flushed, and there were dark smudges around her eyes where her mascara had run. She looked for a moment, then smile

I thought of childhood visits—h Veronica invited friends over as if younger cousin wasn't sufficient co pany. When they played in her roo and locked me out, our mothers wou intervene; for the rest of the trip, we play with forced togetherness. A fe weeks later, all forgiven, she'd send n invitations signed with lipstick kisse and I'd rename my babies Veronica.

This time, it would be my invit tion—to stay with me and David ne year, or sooner, to meet our friends, pe haps to meet a baby. I would tell her just wasn't the same this year, with h at Jane's.

I stepped forward. Veronica patte the seat of the empty lawn chair by h side. I returned the smile and went keep her company. En

GARDENING PROBLEMS

continued from page 92

sty, your garden may be, too. Like , in hot months your plants need e water than in cooler months.

Controlling weeds

eed is an unwanted plant. Unfortuely, weeds are strong and aggressive will take over a garden in no time ey are not kept under strict control. y are sanctuaries for many insects diseases.

Many people use chemical weed conlers, but again, I don't believe in method. Weeds can be kept under trol with your hands or a hoe, but it es perseverance and determination. the spring, rototill the soil (use a ry plow to break up and mix the) to kill as many weed seeds as pose before planting. Then, as your den grows, you must weed constantespecially right after it rains. Weeds uld be removed with a hoe at the surface, but work carefully. If you too deep, you may sever the roots of r plants. A heavy mulch spread over whole garden helps to keep the ds down by blocking the nourishing s of the sun.

At the first stage of growth, some of most common weeds resemble crop nts. At this point they are easy to . If you weed all season, your reward l be bigger and better crops and er weeds next season.

Preparing the soil

e three most important minerals in l are nitrogen, phosphorus and posium. To make sure you have the rect amounts of these ingredients, I ggest that you have the pH of your l tested by your county extension of- of the U.S. Department of Agriture before you plant your garden. I is a measure of acidity and alinity on a scale from 0 to 14. The ver the number, the more acidic the l). Call your county extension office should be listed in the phone book der county government) for details getting your soil analyzed. (There y be a nominal fee.) Once the soil's en tested, the extension office can tell how to adjust your soil's pH for atever you want to grow.

I start preparing my garden in the l for the following spring by spreadg two to three inches of fertilizer—ually cow or horse manure—and roilling it under the soil. I then cover e garden with a mixture of shredded k leaves and pine needles and leave it e that for the winter.

In the spring, when the ground is awed, the soil must be rototilled ain thoroughly. The finer the soil, the easier it is for your plants to grow. Make sure that the soil is clean (no weeds, pebbles, twigs, roots or debris). Then rake the soil into a smooth, fine bed, and it's ready for planting.

Monitoring weather conditions

Each season of the year poses a different problem for the gardener. And of course, weather conditions and planting times are different in each part of the country.

Spring is the most treacherous time of year. You must stifle your garden fever and be sure to wait until the frost is out of the ground. Check the weather reports constantly, and if a cold spell is forecast, make sure your plants are covered at night with a protective covering such as newspapers, blankets or milk cartons. In the warmth of day, the covers must be removed.

Another hazard in spring is too much rain. Your garden should have proper drainage so that water can readily seep into the ground.

As spring moves into summer, the conditions get less hazardous, but you must still watch your garden carefully, watering whenever the ground gets dry and the plants start to look droopy. Of course, your garden should be protected from wind. And tall plants, such as lilies, snapdragons, delphiniums and tomatoes, must be staked in order to flourish.

As fall approaches, try to protect your garden from frost. You can prevent the early frosts from killing your plants by hosing them with water early the next morning. But when the deadly black frost hits, there's nothing you can do to save your plants, since it usually kills everything above ground. Of course, it's sad to watch your garden die for the winter, but this is a fact of nature that can't be changed.

To prepare for winter, after the first deep freeze heel up your roses (make mounds of soil around the crowns and halfway up the stems) and mulch strawberries with pine needles. Because root crops such as carrots, turnips and beets are planted in raised beds to protect them from the deep freeze, they can still be harvested. If possible, blanket the whole garden with freshly fallen leaves and pine needles—this is what I do. Winter is the time for your plants to get essential rest and restore their energy for the next year. Just make your garden cozy, blanket it and protect it as if it were your child. **End**

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to use the gun, but I would have winged him if I had to. I've always had strong survival instincts."

Don's knack for attracting women actually became evident long before he started high school. When he was twelve and still living with his mother, he made advances to the seventeen-year-old baby-sitter who was taking care of his four younger siblings. She responded. "My mother knew what had happened as soon as she returned home," Don says. "She was an extraordinary woman who always seemed to know what I was thinking and doing. She let me know in subtle but clear terms that she was aware of exactly what had happened, and I did a double take that nearly tore my neck off."

Don considers the incident an important turning point. "I knew from that moment on there really wasn't much to hide," he says. "By not pressing it, she made me realize that what I did was okay, and I've never had any guilt or conflicts about sex since."

The experience also brought Don and his mother closer. "After that, we had a strong friendship and talked very frankly," he continues. "There wasn't a great age difference between us—she was only fifteen or sixteen years old when I was born."

When Don was sixteen, he moved in with a cocktail waitress who, at twenty-six, wasn't much younger than his mother. She wasn't the last older woman Don would become involved with. "I was always hanging out with older people because I found them more interesting, exciting, risky," he says.

During his senior year he met another older woman who would change his life—though this time, romance had nothing to do with it. The woman was Karen Slater, who taught a drama course he enrolled in at the last minute after he flunked business and needed another credit to graduate. Slater recognized his undeveloped talent and cast him as the lead in a production of *West Side Story*. "Acting hit me like a bolt," he says. "It was a focus for all my pent-up energy." Slater was one of the few teachers who knew how to handle Don's rebellious side. "She was smart because she knew never to lecture me, that I would rebel against any pressure. So she'd casually say, 'Here's something you might like,' and she'd hand me Tennessee Williams or Edward Albee or William Faulkner or Mark Twain. She brought me along like a prizefighter. It was like drugs—she'd get me hooked, and after a while I'd walk in and say, 'What next?' I was insatiable, couldn't get enough."

Don's determination and tal helped him land a full drama schol ship to the University of Kansas. Th he met and became involved with drama professor, a twenty-nine-ye old divorcée with three children. didn't count the number of years or t number of kids. I just thought she w an extraordinarily attractive woman took me about three and a half mont to get her, but finally I did. I lay awa nights figuring out how to do it."

The opportunity came when Don h to move out of his lodgings. He asked rent a basement apartment at the p fessor's home. She agreed but said th Don had to sleep on the sofa in t living room until the apartment cou be fixed up. Meanwhile, the attracti between them grew.

Finally, the moment he had be waiting for arrived. "I don't know i should tell you this, because it's ve private." Don hesitates for a momen but with a little encouragement, continues. "It was my birthday, Dece ber fifteenth, and after dinner, I gues sort of kissed her. She went upstai and I lay there in that big Victori living room with its high ceilings a bay windows, watching the blinki lights on the Christmas tree and ha ing one of those class-A fantasies th every red-blooded American boy has looked up, and there, coming down t staircase, was a vision in white lace thought I was dreaming at first. The as they say in the movies, fade out."

Don and his professor carried on clandestine relationship until the e of the school year, when the woma broke off the affair and moved to Sa Francisco to study with the America Conservatory Theatre (ACT). Don w devastated, and he followed her to Ca fornia. He courted her for sever weeks, sending her flowers, cards a gifts, before he convinced her to co tinue their romance. Meanwhile, landed the first professional role he a ditioned for, in ACT's production *Your Own Thing*. When the profess returned to Kansas, Don stayed o West to pursue his other love—acting

"We knew our relationship was il fated from the beginning," Don say "but it was enormously romantic whi it lasted. When you're young and i love you do things that you otherwis wouldn't do—walks around the lak and all. I still like to do that stuff. think I never really grew past the ag of seventeen. I still maintain my sens of idealism about love, even though certainly have every reason in th world to be jaded."

Wedding bells

In 1973, while he was making *Th Harrad Experiment*, Don met Melani

fith, daughter of his co-star, Tippi
ren. Melanie immediately fell in
. Don was a little slower to respond.
Melanie was a sophisticated Beverly
s fifteen when I met her, and I was
a country boy tryin' to do good in
big city," says Don, laughing at
self. "She made up her mind I was
g to be her boyfriend and wouldn't
no for an answer. Before I knew it,
took advantage of me."

on and Melanie were married in
but remained together only a year
a half afterward. During that pe-
Johnson spent a lot of time try-
to boost his career. "Until I had
mplished what I wanted, the only
mistress in my life was my work,"
says. "Everything and everybody
was second."

ow that *Miami Vice* is a success and
career has finally taken off, Don
channels a great deal of energy
his work. In fact, his intensity on
set has earned him a reputation for
ng difficult and driven. He pleads
lty to both charges. "When you're a
icated professional—I can use
nger terms like relentless perfec-
nist and pain in the butt—people get
d. But they admire it after a while.
nakes them want to work harder,
people feel better about themselves
en they work hard."

till, he insists he is learning to
en his delivery and become more
lomatic. "I don't step on people's toes
nuch anymore, and I don't throw my
st out," he says. "I just get on with
ngs. The only control I care about is
r the quality of the show."

Don's impact is felt on each *Miami*
e episode, and he's had a strong
nd in developing his character,
my Crockett. Even Crockett's beard
bble was Don's brainchild. "That
a came from some drunken weekend
en I hadn't shaved and spent several
/s in bed. I got up and looked in the
rror, and I really liked what I saw.
at's how the look was born. That, and
fact I hate to shave."

Keeping his beard looking just right
more difficult than it seems. Don
esn't shave with a razor; he uses a
ustache clipper. And he washes the
ard several times a day with hot
ter to keep it soft.

Don is also partly responsible for
ockett's clothes. He helped executive
oducer Michael Mann and costume
signer Jodie Tillen develop *Vice*'s
mpled chic—baggy designer outfits
er pastel T-shirts. The clothes give
ockett a cool and impudent air—a
shion statement that suits the char-
ter perfectly. "It's an attitude as much
a look," Don says. "Crockett has what
takes, and he doesn't give a damn.
e gets out of bed, opens the closet door
and, while he makes a phone call, throws on a mint-green T-shirt he's found lying in the corner of the closet and a peach jacket that was next to it. As he's talking on the phone, he casually looks in the mirror and smiles. The colors work perfectly.

"One of my contributions is the three-button long-john top under the seven-hundred-dollar jacket. I love the absurdity of it. But it's comfortable, accessible and nonthreatening. It's style!"

Branching out

In addition to taking an interest in fashion, Don is trying his wings in other areas. He recently directed a *Miami Vice* episode and hopes to do more next season. He is also working on an album, in which he sings and plays guitar.

Don earned praise for his acting in last year's TV production of *The Long Hot Summer*, in which he played the same role Paul Newman did in the 1958 screen version. His co-star in the steamy Southern drama was Cybill Shepherd, who shares Johnson's reputation for being difficult on the set. A clash of egos was predicted, but it never materialized. "Cybill can be a pain in the butt and annoy people quicker than I can," Don says with a smile. "But she's also very bright, very well read, very funny and very sexy. Most men are intimidated by her, but I'm not threatened by her or any other woman."

Just before production started, Don and Cybill had a chance to talk briefly for the first time by telephone. "Cybill said, 'Can you believe they don't have a single scene where we kiss?' And I said, 'I tell you what, when we get down there, we can rehearse kissing a lot, so if they ever write anything in, we'll be ready.' She laughed, and I just knew we were going to get along fine."

Don considers a sense of humor the most important quality in a woman. "A woman who can make me laugh has my attention," he says. "That's not to say I like women who are silly or frivolous, but if they can make me laugh, then all they have to do is start walking; I'll follow. Another thing I like in a woman is if she has been there—the universal 'there'—and has maintained her femininity and her integrity. That is one of the most attractive qualities a woman can possess. The least attractive thing to me is the tendency some women have to be dependent on a man for their identity."

Does Don ever expect to find the right woman to settle down with? "I want that eventually," he says. "I don't see myself being sixty and dating. There's probably something wrong with that—an incapacity to maintain long-term relationships."

Don pauses a moment and flashes his killer smile one more time.

"I know there's a woman for me out there somewhere and—I want you to print this—I'm comin' to get her." **End**



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GREEN THUMB JOURNAL

y is the busiest month of the year for ure. Plants are budding, birds are ging, animals are scurrying, and 're planting, feeding, fertilizing, ting and checking your garden. This ith all your perennials are shooting to meet the spring sunshine. First 'll see lilies of the valley, irises, nies and azaleas, followed by lilacs l late tulips. Your garden is really rting to come to life.

Iay is also the time to fertilize your es. I think the best fertilizer is emeal. Also, check roses to make e you've cut off all dead canes. If you 't have rosebushes or if you want re, this is a good time to plant them, ause there is plenty of rain and sun l it's not too hot.

At the beginning of the month, plant ves, rutabagas, beets, parsnips, car- s, parsley, Swiss chard, turnips and stard greens. Later in the month l cucumbers, corn, cantaloupe, beans, 'a, basil, squash, dill, pumpkins and w Zealand spinach to your crop.

nswers to gardening questions

I have a problem with my azaleas. e large bush, more than twenty years ', did not bloom this year for the first ie. Also, another small plant in its ond year did not bloom either. What ild be wrong?

Make sure your azaleas are in a ation that receives direct sunlight for rt of the day. Perhaps a tree is now full- wn and is blocking your plants' sun- ht. Or maybe your soil has lost some of acidity. Since azaleas need very acidic l to grow, you may want to have your l tested. Make sure that you apply acid tilizer to the plants twice a year, once the spring and again between the mid- of June and early July. The soil should abundantly supplied with humus to ain moisture, but it should also be ll drained.

I've heard that if you give your dog- od trees a cup of Epsom salts dis- lved in one gallon of water in the fall, u will get fantastic results the follow- g spring. Is this true? Can I put this ixture on all my evergreens?

Definitely. Epsom salts is one of the st fertilizers I know of for dogwoods id evergreens because it supplies the idity these trees need for proper owth. Of course, you can also feed ur evergreens a 5-10-5 plant food for od results. —C.Z. GUEST

Send gardening tips or questions to C.Z. Guest, LHJ, 3 Park Avenue, New York, NY 10016.

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Last year I taught grades 1-4. I had a 6-year old boy who came to 1st grade reading 6th-grade words. His father had taught him at home using your set. The father donated the set to our school. I was thrilled because some of the children need a lot of extra help with reading and phonics. *Janet Griffin, Triangle School, Apex, N C*

What a happy Grandma I am! Since I ordered a Phonics set and had it mailed to my granddaughter, Kim, and her 6-year old sister, they are both making A's in school. *Mrs. Clarence Sparks, Clearwater, Fl*

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JRUS (April 20–May 20) You meet ıeone special now who may offer you .ew and exciting opportunity. But ɜ it plenty of thought before making ɛcision.

MINI (May 21–June 20) Don't let ɛrs take advantage of your generous ure. Say yes only to those extra re-nsibilities you really have the time : desire to take on.

NCER (June 21–July 22) Be sure ɜttend the parties and community nts you are invited to. You may make ɾ friends who share your interests.

D (July 23–August 22) A major ca-r change you're considering could be y rewarding for you. But discuss the with loved ones before accepting it.

RGO (August 23–September 22) You y discover better opportunities in h your work and social life if you and your horizons. A change of resi-ce may benefit your whole family.

BRA (September 23–October 22) You y find that it's worthwhile for you work longer hours. You can use the ra money to buy an extravagant gift someone special or to go on a trip.

ORPIO (October 23–November 21) ɾed ones want you to be happy, and y will be willing to go along with ny of your plans. Be frank and ak whatever is on your mind.

GITTARIUS (November 22–Decem-21) Too much strenuous activity ld affect both your personal rela-ıships and your health. Take time to ax. Problems seem controllable if ı talk them over with others.

PRICORN (December 22–January Romance is all around you, and you caught up in the spirit. Spend a y evening with your sweetheart to ɔw him how special he is to you.

UARIUS (January 20–February 18) is month you get your home to look ɜ way you've always wanted it to. For nishing touch, buy a special piece of niture or artwork. Don't let others ticize your choice.

SCES (February 19–March 20) This ɛhe perfect time to take a trip. Dele-ɛe jobs to others, and you can leave me knowing that everything is taken ɾe of. Friends and relatives are de-hted to help. —FREDRICK DAVIES

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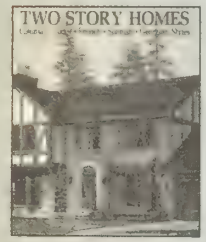
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THE TURNING TIDES

continued from page 42

home, or leave their jobs for a few ars in order to push their babies to e park and watch their first steps th shrieks of delight and tears in eir eyes. It had also become okay for men to be brain surgeons and men to nurses, or for men not to work at all d stay at home with the children ile their wives go back to the office.

So by the time I was ready to have my venth child, society had softened, and ople no longer looked as though they re going to stone me in the street for ing pregnant. One or two even iled at me. But my friends still ook their heads in dismay, and vir- al strangers asked worriedly if I was ending to have any more children. hy was everyone fretting so? More portant, why was everyone so threat- ed? Our children are wonderful, and are crazy about them. They are loud d messy and scream at each other d fight over toys, and you can barely awl over the strollers as you come in e door, but there is no substitute for ose hugs and those kisses, those ubby little arms and those adorable tle faces. By now, the two oldest are inking about college, and I would be basket case at the thought of their aving if I weren't surrounded by all ese tiny people, some of whom are ll in diapers.

But the really amazing thing hap- ned with the impending arrival of r eighth child. Suddenly what had en viewed as my madness, not to ention a total lack of control on my sband's part, had become not an ab- ration but a blessing! *How wonder- !*, people chimed. *Marvelous!* Marvel- s? After all those years of dirty looks d accusations? You mean it's okay w? Even eight children are okay w? Do you know, not a single person s asked me if we plan to have any ore, not a single person has told me at my writing career would be over, t even a single person in the street s stared at me with outrage. In fact, ddenly, people are smiling at me. ey watch tenderly as I lumber across e street; cars slow down, and chairs steriously appear in crowded restau- nts and public places.

The world has come full circle. From bies to barrenness and back to bies. There are still those who don't nt children, of course, and they are lcome to their choice. But the beauty that those who want children can ve them and enjoy them and not feel blicly ostracized for having the fami- s they always wanted. I can't hon- tly say that the scowls on the street ve ever stopped me. But *(continued)*

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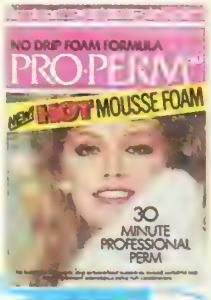
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THE TURNING TIDES
continued

it was so strange to live in a world hostile to babies and the women carrying them. It felt unnatural and unhealthy. It seems much more normal now to see others smile as they watch my little people struggle with an ice-cream cone or sit on a garden step and offer their daddy a flower with a special light in their eyes. There are of course the times when all seven of them pile in or out of the family bus, shrieking hideously, pounding on whoever is in front of them and dragging along three dogs, two birds and a rabbit.

They're a wonderful bunch, and they are the meaning and the joy in my life. Hand in hand, my husband and I watch them grow, and I am suddenly grateful that times have changed and that people's ideas have truly come full circle. Only yesterday, I got a call from a friend in her mid-forties who had given birth to a baby boy, happily and easily. How lucky we are that we didn't miss the boat, how blessed that those of us who wanted children came to our senses.

So I was particularly amazed recently when I went to order the birth announcements for our eighth child. I glanced at the information I'd provided and absentmindedly asked the saleswoman if I'd left something out. "You sure did," she answered in irate tones. "Your name." She glared angrily at me for emphasis. *My* name? Good Lord. Could I really have done that? Could I have announced that John was having this baby (I had listed all the children by name as well) and left myself out? But I looked and there I was. I had clearly written "Mr. and Mrs.," as I showed her. "That's not your name," she said. "That just marks you as a possession, like a house or a car or an object." An object? An *object* because I'm wife? Are we still way back there? I still shameful to want to be married be someone's wife, to stand up in fr of the world and say I belong to t man, I am *his*, for better or worse for bad colds and good days and bir day presents and unemployment. I v love him when his nose runs and hair thins and his belt is ten si larger than when we married. I v even love him when his memory vague and he calls our grandson by sons' names. I will love him when h feeble and a great adventure consist a walk in our garden. Yes, I am his w If that is what you call a possession.

"And how many more children you going to have anyway?" the sal woman asked, in an angry refrain I h not heard in several years. I smiled her. Hadn't she heard? Hadn't any told her? Those days were over. It okay now to have children . . . even of children . . . and to call yourself M There are a few lost soldiers left, a diehards who have not heard that lib ation has come, the freedom to do w you want, whether that means tend a rose garden if you're a man or bein welder if you're a woman. Or in case, having eight children with a m you love, and doing it well because what you have always wanted.

I finished placing my order, and I the store. It was a bright day, and sun shone warm on my face as I walk back to the car, waddling a little, slov than I usually am, and across the str I saw an old man watching me, smili and then he waved, and I waved bac knew he was happy for me. And didn't ask me how many more child I was going to have. He knew it was right. In his world it always had be And with a smile I drove home to husband and my children. E

A THIRD BODY *By Robert Bly*

A man and a woman sit near each other, and they do not long
at this moment to be older, or younger, nor born in any other nation, or time, or place.
They are content to be where they are, talking or not-talking.
Their breaths together feed someone whom we do not know.
The man sees the way his fingers move;
he sees her hands close around a book she hands to him.
They obey a third body that they share in common.
They have made a promise to love that body.
Age may come, parting may come, death will come.
A man and a woman sit near each other;
as they breathe they feed someone we do not know,
someone we know of, whom we have never seen.

Excerpted from LOVING A WOMAN IN TWO WORLDS, by Robert Bly. Copyright ©1985 by Robert Bly. Published by Doubleday & Co.,



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JEANE J. KIRKPATRICK

continued from page 109

taught part-time at Trinity College Washington, D.C., and wanted to m to the University of Maryland, she informed: "We'll tell you right now t there won't be any openings for wome "When I began at Georgetown," she s "my male colleagues were granted lowships more easily on grounds t they'd have the serious careers."

Even years later, after she'd alrea acquired the titles Doctor and Amb sador, the White House staff introdu her strictly as "Mrs."

An Oklahoma childhood

The ambassador first learned ab sexism as a child in Duncan, Ok homa. Her father, Welcher Jordan, oil-well-drilling contractor, believed the old-fashioned ethic that wom should marry, bear children, help th menfolk and stay home.

But Jeane always received supp from her mother, Leona Kile Jord whom she resembles and who was dominant influence on her life. "I mother was a very strong lady. We w close. We did lots of things togethe Mrs. Jordan was her husband's boo keeper. She was also an avid reader a provided many ways to develop h daughter's interests. Jeane's broth Jerry, came eight years and eight da after Jeane was born.

Little Jeane loved school. She wr her first essay in the second grade. S flunked only one course—physical ed cation. Her childhood was "norma she says, although there were alwa more books than dolls, and her greate wish at age ten was for a thesaur She played piano and had girlfrien boyfriends and a fifty-cent allowance

Her father's father was a justice the peace. "I'd watch him perform ce monies and pore over Texas law boo And support FDR. Our family was a ways into politics."

The *A* student went steady in hig school: "He was tall, a good danc dressed well and had a car. We tripl dated and went to parties and movi every Friday night and Sunday afte noon." She also "loved Robert Tayl the handsomest man in the world, a Katharine Hepburn, whom I have st never met."

After brainy Miss Jordan graduate Stephens College, in Missouri, with two-year degree and received her B. from Barnard College and M.A. in p litical science from Columbia Unive sity, she was recommended to Dr. Evr Kirkpatrick, a senior political scienti in the State Department. She worke in his bureau one year, then left f France to continue her education.

hat winter Dr. Kirkpatrick, her old s, was in Paris. He called. They had ch. They talked political theory and ernational affairs. They had a few ners. Kirk, as he is known, was get- g a divorce. They took the same ship ne. For five days they had all their als together. "Except breakfast," s Kirk. "To this day I'm up first."

A scholar and a housewife

k, who'd been a professor, an associ- dean and, subsequently, executive ector of the American Political Sci- e Association, found Jeane "very owledgeable. I could discuss things l get an intelligent response from : She's a handsome woman—and t's not without significance—but other was the real attraction."

hey were married in 1955 in Jeane's ng room. The bride was twenty- ht, the groom forty-three. As befit- them both, they honeymooned at a itical-science conference at North- stern University—and neither of m thought it was odd.

he first of their three sons was born July of 1956. During the next years, s. Kirkpatrick the housewife took ug, John and Stuart to nursery ool, music lessons and picnics. She car pools, played on swings and in dboxes and "did all the things mom- es do and loved it." Even now, the ing mother shows a visitor photos of r children from her desk and then oduces still more from her purse. w that they are grown up, she says, r children call every other day and it often. She also talks happily about r last year's Mother's Day presents: wers, a gloxinia plant and a box of ocolate-covered strawberries.

One thing this mother didn't do was merse her family in religion. Dr. ane is Southern Baptist. Dr. Kirk is ethodist. Their children had no for- al religious upbringing and were ither baptized nor confirmed. Once, r son Doug came home from nursery hool and said, "Today we talked about at we are. Like Jimmy said he's tholic. Then Annie said she was a w. My friend Timmy said he's Episco- lian." Doug's parents then asked, Well, what did you say you were?" He plied, "I said we're Democrats."

But the Kirkpatricks have gradually own more religious. In France, where ey have a summer home, the hus- nd and wife attend Catholic services. t home in Maryland they attend a earby Presbyterian church. In New rk it's St. Bartholomew's Episcopal. ey go to what's closest. But in these ter years, they go.

The husband and wife are also de- ted to each other. They hold hands. hen they're apart they speak at least once a day. When they're together it's long talks in the kitchen. "Kirk," says his wife, "is my shoulder. We kick things around with each other. I never confront a serious problem without saying, 'I'll want to talk to Kirk about this first.'"

In the sixties the housewife-cum-academic received her doctorate. In the seventies she helped found a new group now known as neo-conservatives. In 1979 an article written by the Georgetown professor caught the eye of presidential aspirant Ronald Reagan; she signed on as a foreign-policy adviser in his campaign. In 1980 the Kirkpatricks were in Miami, and Jeane was addressing the Friends of Hebrew University. "Afterward, Kirk and I were having a long, leisurely dinner, just the two of us. When we came back to our hotel room there was a message to call Ronald Reagan. I asked how he was, and he said, 'I'll be better if you agree to be our ambassador to the United Nations.'"

Says Kirk, who had been an adviser to Hubert Humphrey: "We had to know exactly what the job entailed. Whom did she work with? What were her responsibilities? Neither of us knew anything about it other than having seen Arthur Goldberg and Adlai Stevenson on television."

The job changed their lives. With Jeane's success came pressure. Says her husband gently, "You do sort of lose your wife . . . Actually, it got *(continued)*

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a little lonely. There was nobody to talk to at our dinner table in Maryland. Jeane was in New York, and I spent my money going back and forth on the shuttle."

In the public eye

Life was hectic for the new envoy. "I was up at six-thirty. I lived by an alarm—two alarms, actually. Ten minutes apart. Not being a morning person, I needed fifteen minutes to get going. I groped my way to the kitchen, put on the teakettle, then showered, washed my hair and switched on the TV news. Under the hair dryer I read my cables and newspapers and made some phone calls. Around eight-forty-five it was off to work, and from then I worked right through the nightly dinner party until I went to bed at one A.M., after an hour of reading. There was zero time for myself. I couldn't please everyone and return calls and see whoever wanted to be seen. Time alone for me is something I still have to work out. I have got to do better for myself than I'm doing."

Kirk: "The problem is that Jeane's always late. She talks to everyone, even people who just come to shake hands. The result is she's late getting someplace, and then it's the same at the next stop, so she's late all along the line."

Jeane: "I am *not* always late. Kirk likes to be early for everything. He's at the airport an hour in advance. We have different clocks in our heads."

The stress also contributes to Jeane's sense of disorder. "I'm sloppy. I drop things. My wardrobe goes from the closet onto me in a hurry," she explains. Kirk claims she leaves papers everywhere. "If I open the mail, I put what's to be answered or thrown away in neat piles," Kirk says. "With Jeane, there's two letters here, three there, a telegram on the bed; none answered. When I say, 'You should get them together in some systematic way,' she takes that as harsh criticism. It creates a senseless but heated argument. Although as we get older we argue less than we used to.

"See, she has strong views, and she doesn't yield. Fortunately, my hobby is photography, so my tendency is to walk out, say nothing further, disappear into my darkroom and shut the door. Jeane started life as a strong liberal. She's clearly a conservative today. I don't know what goes on in her head, but on those occasions when she changes her position, she'll act the next morning as if nothing had happened."

The ambassador's way of turning off pressure is to turn on music. Especial Bach. While at the U.N., she listened a great deal of Bach. In fact, her favo ite records were the only personal b longings she carted to the official res dence in the Waldorf Towers.

With a burst of humor, Jeane admit "The U.N. was a difficult life. I mea getting used to the chanting and th wearing of death masks—and that w only the White House staff!"

A return to private life

Ultimately, the job and everythin about it became too much, for too lon with certainly too many speeches favor of foreign policies Jeane didn support. "There was the pressure of th General Assembly and the Securit Council, and suddenly there were poli ical enemies who wanted to destroy m I'd think, Help . . . this is not a ni way for people to behave. I'd get upse I'd get upset too easily. It's not that I' thin-skinned. I'm *very* thin-skinned."

Jeane needed to feel responsible no one but herself. To have nobody sa "We didn't expect you to take a positio like that. You shouldn't have don that." To be able to say: "Hey, that's m view, and I stand by it."

She also wanted more time with h husband. "The pain of knowing he wa home eating dinner alone was one



biggest reasons for me to leave the . Kirk's being alone was very pain- to me. I couldn't stand it." Then, a chuckle, she adds, "Plus, there my cat. Kirk doesn't like cats, and e he was home with my cat. I must he and the cat did get closer. . . . ehow, my detractors will never un- stand my overriding personal rea- s to return to Washington."

Writing—and campaigning?

ht now, Jeane is writing a book ut the U.N. and the U.S. govern- nt. She says her future looks prom- g—as long as no more namesakes e out of the woodwork. "In the sev- ies," she explains, "there was a Dr. n Kirkpatrick who wrote books and cles at the same time I was writing m. The big difference was she was admitted drunk who wrote about alcoholism. Some people thought t I was the Dr. Jean Kirkpatrick 'd been in a clinic for alcoholism. e confusion caused me so much an- sh that I adopted the middle initial o distinguish myself."

nd distinguish herself she did. ne J. Kirkpatrick's foreign policy ws are well known. But what about attitudes on domestic issues, specif- lly on those that affect women? She ports the Equal Rights Amend- ment. "It's a means to an end. The end is equal opportunity to do whatever women want to do without discrimination. Legislation and adjudication are alternative means to that end."

Is she pro-choice on abortion? "I don't fit those simplistic categories. Mine is a conservative position. I feel about abortion the way I feel about war. War is to be avoided at all costs, but there are some circumstances where war is preferable to peace. I am opposed to the casual abortion counseling that goes on with teenagers. I consider abortion tragic and to be avoided—but not *always* the worst possible decision."

So, is the ambassador from southwest Oklahoma going to make the run for the presidency, as we hear she might? "I can imagine myself doing the job. I can't imagine myself running for it. I don't mind the campaigning or schlepping around. I really like those people out there more than anyone realizes. Growing up in small towns means living in a microcosm of the whole social universe. The result is I feel comfortable with all kinds of people."

Okay, but could she take the heat the way Geraldine Ferraro did? "I don't know. I am an inordinately proud woman. For me, the difficulty of running is the asking—and the risking."

Says her husband: "She'd be a hell of a campaigner, but she sure couldn't take getting beat." So, will *he* be ready if it comes? "It's like proposing marriage. These things sneak up on you."

But somehow they both believe it's going to come. Repeatedly, Ambassador Kirkpatrick has said that she will not seek elective office. She says it's "incredible" that anyone should think of her as president or vice president, but she does not turn off the talk. Her husband, aware his wife cannot be divinely anointed, says she's "not deeply involved in securing a position. However, even if she screams and kicks, there's no way she can stop it." He believes the country's ready for a woman at the top. "It's a powerful option in '88. It won't be as powerful in the year 2000, because by then we'll have progressed. This is absolutely the perfect time."

One of the most important questions facing a female presidential candidate is whether she would be tough enough to order a nuclear attack if she had to. "I hope I'd have the good sense and good luck never to have that need," Jeane says. "However, men and women are not different in confronting major responsibilities. I think that I would be capable of doing what had to be done.

"It's odd, but I don't think anybody doubts that I am strong. I don't know quite why . . . but they're right." **End**



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HOW TO HANDLE CRITICISM

continued from page 48

and-wife criticism. A woman who grew up in a house- where arguments were as plentiful as hugs and kisses find herself at a loss when she marries a man from a e where raising one's voice to another member of the ly was considered an unpardonable offense. "Some peo- an take lots more than others," says Broderick. "What ars to be a friendly comment to one person may be stating to another."

though some people seem to be born thin-skinned com- d with others—they are quicker to take criticism to t, seeing it as a reflection on their self-worth and value metimes the thing that makes a person sensitive to :ism is an inability to get some perspective.

ly husband and I are completely different about certain : things," says one woman, "but knowing that doesn't e it easier to accept. It sounds ridiculous, but Bill con- tly complains that I put the receiver back the wrong and tangle up the cord. At least twice a week he comes e and rehangs the phone. Whenever it happens, my onse is 'I must be useless. I can't even hang up the ıe the right way.' Yet I know that if I could laugh about ıd recognize how silly the whole thing is, I'd feel much er about myself—and my husband."

sing your sense of humor is just one of the ways you can ect an arrow that someone aims your way. Instead of ldering in secret or lashing out in anger, you can learn ay on an even keel and handle critical words in a way enhances, rather than detracts from, your dignity.

Taking it

first step in the process of handling criticism is to listen fully. This can be done, however, only by keeping your tions—most likely feelings of outrage or embarrass- ıt—in check so that you can hear what is actually being , rather than magnifying or distorting the comment.

) lower your emotional temperature, suggests Judith nentson-Mohr, create the mental image of a friend or ent who speaks reassuringly to you. Practice a catch ase such as "Slow down, relax, it's going to be okay." By forting yourself in this way, you'll be able to focus more rly on what is actually being said.

he next step is to immediately evaluate the source of the icism, suggests Tommie Parker. "When my mother crit- es the way I am bringing up the children, I don't get mad ven annoyed," says Lynn, a thirty-six-year-old mother of . "I just dismiss everything she says. I feel she raised my er and me too rigidly, and I am determined to do things erently. Hearing her complain that my boys should be ep by seven or bathed by six just rolls off me."

ut sometimes the criticism may be more on target. Be- : you react defensively or angrily, try to figure out ther it was offered in a constructive or a destructive way. ırt from such obvious cues as the setting, tone of voice, or ice of words, "the line between the two is defined by the sequences of what is said," says Broderick. Constructive icism ought to present you with a concrete line of action. ere's nothing you can do if someone calls you fat, or a slob, azy. "All you've got is a blow to the psyche, as painful as physical blow," says Broderick. If, on the other hand, r husband gently suggests you might benefit from a diet, a cooking or exercise class, he has at least offered you ıe options for changing whatever it is he doesn't like.

ınother way to assess criticism is to determine whether ır critic has what Broderick calls "something in the ık." The notion that criticism should be accepted just ause someone means well won't wash unless he or she already demonstrated concern, friendship and interest in you. If a stranger came up and told you how awful your hair looked, you'd tell him to get lost. But if your best friend told you she doesn't like your hair pulled back that way, you'd probably be much more willing to listen, and even to admit that she might be right. This is because the two of you have mutual trust and support.

One way to ascertain how your bank account is doing is to look at the ratio of positive to negative comments you and your husband or friend exchange during a given day. As Broderick puts it, if there haven't been enough deposits, the check is sure to bounce.

In addition, when someone criticizes you, don't hesitate to ask for time alone to think about his comments, suggests Judith Clementson-Mohr. Try saying "I'd like a chance to react to what you've just said, and then we can talk more later." "The typical response to criticism alternates between an apologetic 'Oh, you are so right, I'm such a mess' and an angry or defensive 'You have no right to speak to me that way,'" says Clementson-Mohr. "In neither case has the listener considered what has been said." Taking some time to think about the comment and the critic gives you the chance to let your emotions subside and consider the matter more objectively. Don't feel obliged to automatically accept or reject your critic's comments.

Dishing it out

Sometimes *you* might feel compelled to point out behavior that you find unacceptable in a friend, co-worker, child or spouse. In those cases, just as in taking it, it's important to think carefully before you speak.

"The common belief is, if you don't like someone's behavior, tell him," says Suzanne Thompson. "He will see the error of his ways and be shamed into acting *(continued)*



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HOW TO HANDLE CRITICISM
continued

more acceptable manner." But in reality, it rarely s that way. By criticizing a child, parent, spouse or d, you run the risk of angering the person and reinforc- ıe very behavior you find objectionable. Here are some ods to help you make your point constructively:

'ore you criticize someone, it's useful and considerate to out whether your comment is really justified, says erick. Perhaps you're annoyed because your friend's hone line was busy all afternoon and you needed to ss the upcoming PTA meeting. Yet she may have been ıp on the phone because of a medical emergency with a . Before nagging your husband for being late yet again, out whether anything unusual has occurred. Maybe ate because an accident on the bridge tied up traffic. would want the same courtesy: When it's your night to and he walks in tired and hungry, there may be no er on the table because the stove wasn't working. Give ther person a chance.

tch the timing of critical comments. The instant your and drags himself across the threshold after battling essway traffic for an hour and a half on a sweltering ing is obviously not the best moment to carp about the papers he left strewn around the living room that ıing. And while it may sound obvious, make sure you lone with the person you're going to criticize. Dressing ı your secretary or shipping clerk in front of other oyees will only engender ill will and compound the lem you're trying to correct.

at all possible, avoid making critical remarks when of you are angry or upset. It is difficult to put things tively when emotions run high. On the other hand, "It ıportant to criticize fairly soon after the objectionable t or behavior occurs, particularly if you are dealing a child," says Tommie Parker.

member that the best criticism is specific. Pinpoint the vior or action that bothers you and focus on that, not erson. Don't call him a lazy slob; rather, tell him that ıabit of leaving clothes all over the house bothers you. icize only the aspects you want to change.

Most of us forget that people are social animals who t and need stroking," says Jeff Goldman, professor of hology at Hartwick College, in Oneonta, New York. surest way to antagonize someone is to slam him with ınadorned critical comment. You stand a much better ıce of being listened to if you begin by bringing up ething positive. Tell the person what you like about him hat he does, how much you value the relationship, and then suggest that there is one thing bothering you y. It helps if you can give an idea of the behavior you ld prefer: "Honey, I really appreciate the time you've ı taking to pack the kids' school lunches, but I'm trying mit their sugar. Would you mind putting in crackers orrow instead of cookies?" works a lot better than ıat's with all the junk food you throw into the kids' hboxes each day? Haven't you heard that sugar is bad hem?"

ll of these techniques can minimize the discomfort in- ed in dishing out criticism, or in taking it. Naturally, n all is said and done, it is hard not to feel devastated, ıoralized or just plain depressed when criticized. Yet the ity to listen dispassionately, to evaluate and perhaps ı learn from someone's critical remarks, is ultimately a rce of strength. "It has taken me years to find the grace dmit I'm not always right," says one woman in her late ties. "At first I felt like a child forcing myself to say ı're right, and I'm sorry,' but now I've learned something ortant: This is the adult way to behave." **End**



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ON THE FRONTIERS OF MEDICINE

PAIN

continued from page 72

approach to delivering medication that utilizes special drug-containing adhesive patches applied to the skin. The drugs travel directly into the bloodstream through the patch and work as well as drugs administered intravenously. Patches also deliver drugs in an even, continuous dose, eliminating the peaks and valleys that occur with periodic use of pills or shots. And the patches, unlike injections, are painless, a particular advantage in the treatment of children, who are often terrified of needles.

Still another advance in giving painkillers involves delivering the drug directly into the fluid surrounding the spinal cord or into the layer of fat that surrounds the sac of spinal cord and fluid. This turns off pain signals yet keeps the narcotics from reaching the brain. The result is that patients may get relief from narcotics' common side effects, such as sleepiness or vomiting. **End**

REPRODUCTIVE HEALTH

continued from page 74

those whose infertility is due to a hormone deficiency and those whose infertility is unexplained. Men in the first group are fitted with a pump that releases GnRH, a hormone necessary to produce fertile sperm. The cigarette-pack-sized pump is worn around the waist, and the hormone is squirted into the skin through a needle every two hours around the clock. The results of the study have been encouraging so far—a fertility rate in excess of 90 percent and forty babies born since the program began. Sherins hopes that within the next decade there will also be a treatment for men with unexplained infertility.

Samuel S. C. Yen, M.D., D.Sc., who holds an NIH grant at the University of California, San Diego, is experimenting with synthetic LHRH (the hormone also being investigated for its contraceptive potential) as a cure for infertility. Yen reports that small, carefully scheduled doses of the hormone can, in some cases, correct infertility.

Yen has found that women suffering from amenorrhea (lack of menstrual periods) as a result of insufficient ovarian function can be helped by a pump similar to the one described above, which stimulates the pituitary gland release the proper hormones.

Other promising NIH resea aimed at helping infertile couples:

- Kenneth Tung, M.D., of the Univ sity of New Mexico Medical School, Albuquerque, is examining the p nomenon of antisperm immunity. cent evidence suggests that some c ples are infertile because the wom has developed antibodies agai sperm, thus preventing the sperm fr fertilizing an egg. Tung has found t men can have antibodies against th own sperm, too. More research into t phenomenon should lead to techniq to help these couples.
- Certain pituitary tumors, called p lactin-secreting pituitary tumors, cause infertility in women. Rob Jaffe, M.D., at the University of C fornia, San Francisco, is using medi tions to alleviate the symptoms of th tumors in order to help women beco pregnant.
- Other NIH studies show that s thetic LHRH might be useful in treatment of endometriosis, wh often results in infertility. How Judd, M.D., at the University of C fornia, Los Angeles, is finding that some cases, the hormone can allevi endometriosis and allow a success pregnancy to occur. **E**

GENETIC RESEARCH

continued from page 76

se families, we expect to be able to ermine what the future holds for n and—should any of them be preg- t—to know what the future will l for the unborn baby."

rogress has also been made against ıcher's disease, another frequently l genetic disorder. People with this ess—there are about twenty thou- d of them in the United States— a protein that helps regulate fat abolism, so they accumulate exces- amounts of fat in their tissues. The ldup leads to the failure of many of ir organs and—if the buildup of fat ıcks the brain—to mental retarda- ı as well.

oscoe O. Brady, M.D., of the Na- ıal Institute of Neurological and nmunicative Disorders and Stroke, devoted most of his career to study- Gaucher's disease. During the 0s, he identified and purified the tein—an enzyme—missing from ıcher's patients and began to treat ıe with it. He is now working on proving the treatment because, he s, "it isn't as effective yet as we nk we can make it if we learn how modify the enzyme in exactly the ht way."

In the meantime, a few Gaucher's patients have undergone bone-marrow transplants from normal donors, enabling them to produce some of the enzyme they lack. And gene therapy of the kind already discussed may be feasible, too. Already, in fact, two teams of scientists—one in Brady's laboratory at NIH, the other funded by NIH at the Scripps Clinic and Research Foundation, in La Jolla, California—have identified and cloned the needed gene in Gaucher's disease.

"If gene therapy succeeds for ADA," says Dr. Anderson, "Gaucher's could well be one of the next diseases it will be tried on." **End**

MENTAL HEALTH

continued from page 78

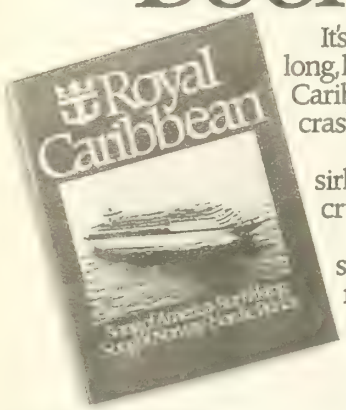
function properly. Researchers are working to pinpoint the abnormality that obstructs brain function; they are also experimenting with drug combinations to reduce the symptoms of the illness without disturbing other, properly functioning parts of the brain.

Additionally, researchers continue to hunt for the causes of and cures for other mental illnesses. Those that are more often diagnosed in women than in men include:

- Borderline personality disorder: Afflicted with extreme mood swings—from suicidal depressions to destructive rages—some people with borderline personality disorder can nonetheless learn to function reasonably well. Researchers are experimenting with five drugs, among them Parnate (an antidepressive) and Tegretol (an anticonvulsive), to control symptoms.
- Eating disorders: Bulimia and anorexia, disorders that affect mainly adolescent and young adult women, may be linked more closely than previously thought to depression. Studies of brain chemistry have shown similarities in all three, leading researchers to experiment with antidepressants on patients with eating disorders who show no signs of depression.
- Panic disorder: Also known as anxiety neurosis, this is chronic apprehension that is characterized by hyperactivity, sweating, palpitations or dizziness. It afflicts two to four times as many women as men, according to NIMH studies. Researchers have found chemical and hormonal similarities between panic disorder and depression and evidence that both disorders may run in families. NIMH studies also show that in a predisposed person, the panic disorder is frequently triggered by a tragedy—such as a divorce or the death of a loved one. **End**



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Journal Shopping Center

FIND YOUR OWN STYLE

Page 122: Shoes: white spectators: Cole-Haan; fuchs slings: Charles Jourdan; ochre flats: Ecco. Bags: flowere sling: Shady Character; turquoise structured bag: Charl Jourdan; Chanel-style bag: SM Inc. Earrings: matte gol tone with turq: Janet Norem; "pearl": Marvella; red hoop Cathy & Marsha for Catherine Stein. Watches: silver lin Emerich Meerson; gold watch with pigskin band: Emeric Meerson; yellow plastic: BBB. Belts: mock croc: Elegan zebra-striped: R. J. Graziano; tan contoured belt: Charl Jourdan.

Page 123: Classic: Christian Dior suit; Bowman Trading C shirt; Hanes hose; SM Inc. bag; Morgenthal glasses; Ma vella pearls and earrings; Alchemy chain belt; L Claiborne shoes. Trendy: Jack Mulqueen pink knit min top and cardigan; Detail International bracelets; Ylan Ylang earrings; Ecco shoes. Fashiony: Christian Dior sui Jimmy Gamba blouse; No Nonsense hose; Santini e Domi ici shoes; Judith Feldman earrings and pin; La Bagageri bag; Hermes scarf; Emerich Meerson watch.

Page 124: Classic: Philippe Adec skirt; Calvin Klein Class fications top; Elegant belt; Hanes hose; Janet Norem ea rings; Coro necklace; Fragments bracelet/chain; Cole-Haa shoes; Morgenthal Opticians sunglasses. Trendy: Body Ma skirt; Body Map blouse; Alchemy earrings; Detail Interna tional bracelet; Ecco shoes; Christiaan's Knot headwra Fashiony: Anne Pinkerton skirt and sleeveless turtleneck Good as Gold earrings; Good as Gold bracelet; Santini Dominici shoes; Hanes hose.

Page 125: Trendy: Triangle shorts and shirt; Valerie ba Kenneth Cole shoes; Hot Sox socks; Marcy Feld earring BBB watch; Morgenthal Opticians, NYC glasses; Elegar belt. Fashiony: Lizwear by Liz Claiborne shorts, shirt, br Cathy & Marsha for Catherine Stein bracelets; Ecco, NY shoes. Classic: Ruff Hewn shorts; Bowman Trading C shirt; Sal Cesarani sweater; Emerich Meerson watch; Mo genthal Opticians, NYC sunglasses; Cole-Haan shoes.

Page 126: Upper left: Trendy: Joan Vass USA legging Triangle top; T.L. Brett for Dennis Perry earrings; Doppi Vita/Locomotive belt; Ecco shoes. Fashiony: Eleanor Brenner silk shirt and pants; Elegant belt; Matake shoe Evan-Picone hose; Margaret Ellis at Judith Feldman ea rings. Classic: Sal Cesarani trousers, polo shirt and ca digan; Marvella earrings; Peugeot watch; Matake shoe Lower left: Fashiony: Emmanuelle Khanh dress; Zoe Cost headwrap; Tonic Creations earrings; Evan-Picone hos Janet Norem bracelet; Charles Jourdan shoes. Classi Ralph Lauren dress; Ralph Lauren belt; Emerich Meerso watch; Evan-Picone hose; Ralph Lauren shoes; Marvell pearls; Attitude Paris earrings. Trendy: Benetton dres Elegant belt; Liz Claiborne sneakers; Detail Internationa earrings; Patti Horn at Fragments bracelets.

Page 127: Classic: Anne Klein Coats raincoat; Hermes scar Coach bag; Evan-Picone shoes; Concord watch; Mespo um brella. Fashiony: Nuage gold coat; Janet Norem earring Anne Klein II silk skirt and blouse; Alchemy bracele Santini e Dominici shoes; Echo Design Group scarf; Mesp Ltd. umbrella. Trendy: Drizzle red coat; Norma Kamal outfit underneath; Marcy Feld earrings; Ecco, NYC shoes Sachiko for La Crasia gloves; Mespo Ltd. umbrella; Ji Stuart bag.

THE LOOKS THEY LOVE

Page 130: Top: Escada by Margaretha Ley khaki jacket an white shirt; Tiffany & Co. bracelets and watch; Herme scarf. All makeup by L'Oreal: Les Bijoux in Onyx an Tigereye; Le Grand Kohl in Onyx; French Formula Rich Mascara in Black; Visuelle Makeup Fluide in Sand Beige Visuelle Pressed Powder in Medium; Visuelle Powder Blus in Shell; Crème Riche Lipstick in Golden Henna. Bottom Cathy Hardwick pink/white top; Patricia Von Musulin ear rings; Janis Markman for Neil Isman Gallery, NYC neck lace. All makeup by Covergirl: Peach Nectar, Dewy Pink and Fawn from the Shift into Neutrals Moisturized Ey Shadow Collection for Spring; Smoke Plum Pro-lining Pen cil; Long 'N Lush Mascara in Lush Brown; Eyebrow & Liner Pencil in Medium Brown; Replenishing Liquid Make up in Soft Beige; Replenishing Pressed Powder in Sof Beige; Brush-On Blush in Blushing Tea Rose; Delicat Coral Continuous Color Lipstick.

Page 131: J.H. Collectibles orange/white striped polo an sweater. All makeup by Revlon: Special Eyes Micropur Mascara in Dark Brown; Professional Stayliner in Rave Grey; Skin Balancing Powdercreme Makeup in Tende Peach; Love Pat Compact in Translucent Natural; Custo Blush in Sun Coral; Super Lustrous Lipstick in Californi Sunshine.

Page 132: Top: Perry Ellis olive top; Good as Gold necklace Good as Gold earrings; Hermes scarf. All makeup by Ger maine Monteil: Rich Powder Eyeshadow Duo in Citron an Verdure; Color Accent Kohl Pencil in Kohl Charcoal; Act Vita Mascara in Black; Soft Cover Liquid Makeup in Porce lain Beige; Perfect Texture Loose Powder in Natural Sheer Silkpowder Blush in Melon; Creme Luxe Lipstick in Apri cot. Bottom: Gene Ewing for Bis green top and yellow jacket; James Murphy cuff. All makeup by Maybelline Blooming Colors Eye Shadow in Emerald and French Va nilla; Expert Eyes Liner Pencil in Ebony Black; Exper Eyes Mascara in Black; Moisture Whip Liquid Makeup i Creamy Natural; Moisture Whip Creme Concealer in Fair Moisture Whip Translucent Pressed Powder in Light; Mois ture Whip Natural Blush in Delicate Taupe; Expert Touc Lip Liner Pencil in Bordeaux; Expert Lipstick in Rip Plum.

Page 133: Calvin Klein Classifications pink blouse; Paloma Picasso for Tiffany & Co. earrings. All makeup by Coty: H Techs Shadow 'N Line Eyekit in Chrome Gray, UltraWin Crystal and Sleek Plum with Onyx Liner; Mink Lash Wa terproof Mascara in Black; Liquid Powderessence Founda tion in Honey Velvet; Self-Adjusting Cheekcolor in Peach glow; Sheer to Stay Lipstick in Sweetest Peach.

GREAT SPRING DESSERTS

Pages 134–135: Crystal plates and vase from Cardel Ltd. 621 Madison Ave., New York City 10021. Flowers from South Flower Market, 1045 Second Ave., New York City 10022 and Perriwater Ltd., 900 First Ave., New York City 10022.

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—Henrietta Hopper, Lancaster, CA

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—Cynthia Cu

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FIFTH ANNIVERSARY	**The date by which you should have gotten rid of the lawn furniture in your living room**
OPTIMISTIC MOM	**A woman who thinks all of her child-rearing problems are over when the kids are grown**

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"What I know now that I didn't know then

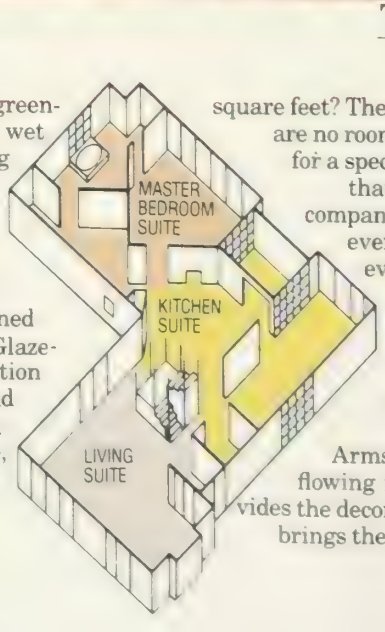
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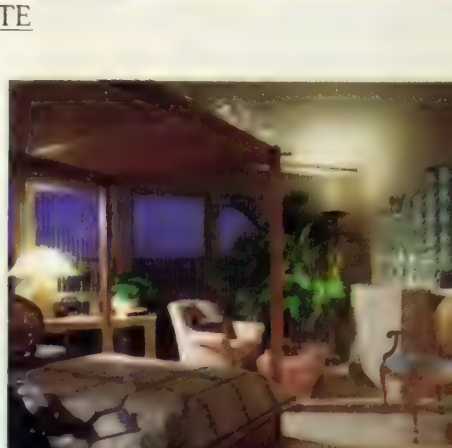
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EDITOR'S JOURNAL

MEET THE WINNERS

By Myrna Blyth





Above: judges Mary Lou Mullen, Barbara Taylor Bradford, Myrna Blyth and Carolyn Blakemore. Left: winner Shirley Nunes. Right: winner Janette Turner Hospital



If you think the judges of the Barbara Taylor Bradford–*Ladies' Home Journal* Short-Story Contest are having a good time in the picture (right), you're absolutely correct. Books and Fiction Editor Mary Lou Mullen, Doubleday senior editor Carolyn Blakemore, super novelist Barbara Taylor Bradford and I were positively delighted with the response to this unique contest and gratified by the quality of the winning entries.

I thought you'd be interested to know that we received almost 9,000 entries: 7,482 in the amateur category (those whose fiction had never been published) and 1,483 in the professio

Like many of you, I love short stories in magazines. I started my own career fiction editor on several magazines and wrote stories for a slew of others. T why having this contest was so appealing. I knew it would be inspiring to wr and would ensure that the *Journal* published especially interesting fiction.

Shirley Nunes, whose story "Joe Will Take Me Home" won in the ama category, is an English teacher and lives in Fairfield, California. Novelist Jan Turner Hospital, who won in the professional category with her story "Ama Grace," teaches at the Massachusetts Institute of Technology (MIT). We aske stories about strong women, and both wrote wonderful pieces about vib women characters (page 114). I know you'll be moved and impressed.

An added bonus: Next month the *Journal* will be publishing an excerpt f Barbara Taylor Bradford's terrific new book, *Act of Will*, and it's sure to be ano blockbuster. So there's plenty of good fiction in this issue and plenty ahead.

What else sparkles this month? A wise and amusing piece written by Barb Walters herself (page 32). There are parts of it you'll want to memorize. I k because I have! Plus a roundup of the best new bathing suits (page 116), the r sensible dieting advice ever from Weight Watchers (page 56), and wonde recipes for summer entertainment (page 110). Pass the dip—and enjoy, enjoy.

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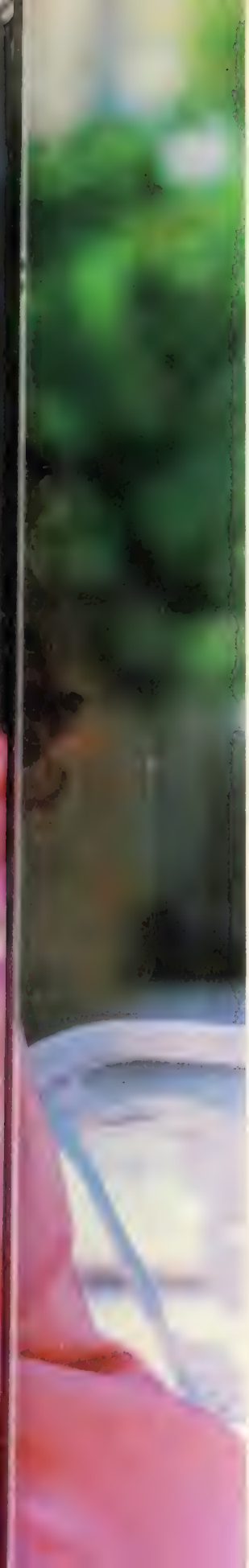
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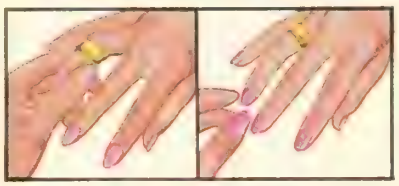
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"MY HUSBAND IS A STRANGER TO ME"

Nan and Brian had been so busy they forgot about each other. What happens when a marriage withers? By Jane Marks



This case is based on information from the files of Canarsie Mental Health Clinic, a division of Brooklyn Psychiatric Centers, Brooklyn, New York, a nonprofit organization funded by voluntary contributions. The true story reported here is from interviews, though names and other details have been altered to conceal identities. The counselor in this month's case was Esther Rosenthal, M.S.W., A.C.S.W.

NAN'S TURN

"Brian and I have nothing to talk about," said Nan, a tall woman of forty-seven with ash-blond hair. "If I say, 'How about a movie?' he says, 'I hate movies.' So I'll say, 'Then let's get a pizza,' and he says, 'I'm not in the mood.'

"How could a marriage with such high hopes become so empty? Brian and I were introduced by friends soon after we had both graduated from college. After dating only a few months, we knew we wanted to spend the rest of our lives together. I had just started working as a children's librarian, and Brian yearned to have his own photography studio. Though his father expected him to join the family paper business, I was proud of him for wanting to pursue a career he loved, one, he said, that would allow him plenty of time to be with his children. My own father, a salesman for a large company, had been home infrequently, and it was very important to me that our children see their father as much as possible.

"Of course, now I see how naive I was. Brian was unable to sell his photographs or land a single magazine assignment. Since my salary was not enough to support us, Brian finally accepted a job at a commercial studio taking yearbook snapshots. I knew he was frustrated, but even during those hard times, we were still very close.

"We'd been married two years when I had Liz. My mom, who lived nearby, was delighted to baby-sit while I continued my work on a part-time basis. Brian began to moonlight on weekends, and though we had much less time to spend together, we were both pleased that at least he was starting to make a name for himself.

"By the time Andrew was born, two years later, Brian was earning enough money for me to quit work entirely. While at home, I placed a lot of calls and sent out fliers advertising Brian's portrait work. Before long, he had enough business to rent a small studio. However, as the business grew, it began to eat up every spare moment. When Teddy was born, I was already feeling like a single parent! It was my mother, not Brian, who took me to the hospital when I was in labor with Teddy, and over the next few years, it was my mother, not Brian, who helped me through crises with the children.

"I tried to be understanding, but Brian's indifference was beginning to wear on me. Just after Teddy's birth, we had bought a wonderful old house that we planned to renovate together. But Brian's work kept him so busy, I spent my nights and weekends alone, scraping, painting and papering. I was upset at first, but the busier I became, the less I minded Brian's not helping. It became easier—and less frustrating—to do the work myself.

"But while I could rationalize Brian's attitude toward me, I couldn't condone his treatment of the children. Slowly but surely, he was becoming totally removed from their lives. Even when he made an effort to get involved, more often it slipped his mind. Once I was the only mother at Andy's father-son soccer dinner—Brian forgot all about it when some big job came in. Other times, he'd bound into the house a suggest a game of Monopoly—ten m utes before bedtime.



"When Teddy's medical problem w diagnosed, Brian withdrew. Teddy h been an easygoing baby, but when was two and a half, I was concern enough about his lack of aggressi ness to take him to a specialist. Aft many consultations, the doctors co firmed that Teddy was mildly retarde

"I was devastated, but I picked mys up and went on. It was clear that Bri had no intention of becoming involve and he was impatient whenever Ted couldn't do something.

"I started to realize that Brian d not have much understanding of an one's needs—except his own. Certai ly his actions in bed showed that thought only of himself. Whenev Brian wanted to make love, we had make love, no matter that I was e hausted from having driven Teddy ba and forth to his special school six miles away. Brian never touched r unless he wanted to have intercour and then he was always rushing.

"One night when he came home fro a job at one-thirty in the morning had a splitting headache, but I w happy to see him and longed to ha him hold me. Immediately, he start unbuttoning my nightgown. I stru gled away, but he just wouldn't let go. 'You selfish, disgusting pig,' I cri my head throbbing.

"Brian was really angry. For a m ment, I thought he was going to hit m but he just stomped off to sleep in t den. Eventually I cried myself to slee

"We never really talked *(continue*

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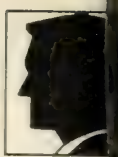
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CAN THIS MARRIAGE BE SAVED? *"For the first time in our marriage, I truly disliked—even hated—Nan."*



continued

about that night. In fact, we've never talked about the fact that over the years, our sex life sort of ended. Once in a while, I would realize that it had been ages since we had made love, but frankly, most of the time, I didn't think about it. And I didn't really miss it. I was so busy.

"Then, about two years ago, my father died, and Mother, too old and sick herself to stay alone, moved in with us. Though we had placed Teddy in a residential center a few months before—his doctors had advised us that he would develop more independence away from home—I barely had a moment to myself. During this period, Brian and I were like ships passing in the night.

"The last few months that Mother was alive were difficult, but now that she's gone, I feel such an aching loneliness. Liz is working in Boston, and Andrew's in graduate school out West. But whenever I tell Brian he's pushing me away, he says I'm crazy. I look at all the divorced women my age, and I know if I ever left, I'd be all alone. I don't want that, but I don't want an empty shell of a marriage either."

BRIAN'S TURN

"Our so-called problems are all in Nan's mind," said Brian, forty-nine, a tall man in a checked shirt and khaki trousers. "She's got this idea that I don't love her anymore, that I should be more attentive. If she'd just open her eyes, she'd see I'm here.

"Sure, I worked hard all these years, but I did it for Nan and the children. And if anyone has been made to feel unwanted around here, I have. Nan was always superwoman, raising the kids and doing everything herself, from plastering to plumbing repairs. She never asked for my help. First thing, she'd turn to her mother.

"Don't misunderstand me—it's not that Nan ignored me. Until her mother got sick, she always had a nice supper waiting for me when I came home from the studio, but usually she was all worn out from her good works and her busy day with the children. And Nan's mother was a wonderful woman, but I always felt like an outsider. I never said anything—I don't like to fuss—but I guess I did resent how close they were.

"It was also obvious Nan was bitter because I was not as financially successful as we had hoped I'd be. Before we were married, Nan had encouraged me to pursue my dream of a career in photography. She taught me to believe in myself—ever since I was little, my parents had torn me down and tried to control me.

"But instead of being the next great photojournalist, with page after page of glorious photos in *Life* magazine, I was snapping yearbook pictures. I was embarrassed and couldn't help feeling I was letting Nan down.

"Also, I never was much good at juggling work and family responsibilities. I would try to arrange my bookings so I could spend time with the kids, but if a last-minute job came up, I felt compelled to earn a little extra. But Nan always made my good intentions seem pathetic. If I didn't accomplish some project soon enough to suit her, she would do it herself and make me look stupid. Or she'd point out that I was constantly disappointing the kids by not attending important functions. Yet whenever I tried to do something special, Nan would say, 'No, Liz has to practice for her recital' or 'It's too late to start a Monopoly game.'

"Sometimes, Nan went too far, like the time she took my place at a father-son dinner instead of just reminding me that the event was that night. And as for Teddy—Nan was so overprotective, it was clear she didn't trust me to be with him. I resented that.

"All this time, I never stopped loving Nan—or wanting her love—but she never desired me, and she made me feel dirty for wanting her. Every night, it seemed, she'd give this big yawn to let me know I had missed my deadline for making love. And if we did have sex, she made it obvious that she was doing it for me, not for herself. I think she was actually relieved when our sex life became almost nonexistent.

"One night I had been out late on a tedious job; I couldn't wait to hold Nan in my arms. But when I got in the door and tried to show her how I felt, she fought me off like I was a rapist. At that moment, I think, I really could have hurt Nan in a physical way. Fortunately, that's not my style. Instead, I just left the room and moved into the den. For the first time in our marriage, I disliked her—even hated her.

"No, we didn't get divorced. We're civilized people. You learn to put those things aside. We had some very busy years, when Nan was taking care of her mother and I was still pushing to make ends meet. We didn't have time to around and analyze things.

"Maybe we don't go out like we when we were newlyweds, but so wh We don't have any problems to speak

"Nan says I'm distant and don't sh any friendly or romantic feelings her. Well, frankly I'm a little tire her telling me how to act and wha feel. Why is Nan all upset?"

THE COUNSELOR'S TURN

"Nan and Brian weren't shari any part of their lives," said counselor. "They hadn't communica honestly for many years. Though Bri insisted that everything was fine, I t him that he could not expect the m riage to survive unless he ackno edged the anger he felt toward N and recognized that he, too, was p tially responsible for their proble At the same time, Nan needed to exa ine her role in pushing Brian away.

"Brian began—uncomfortably first—to describe how torn he had f during the early years of their ma riage. He had liked Nan's parents—e pecially her mother, who treated hi much more warmly than his own pa ents ever had. However, he had al been jealous of Nan's obvious depe dence on her. Instead of expressing h dissatisfaction and dealing with it, withdrew. Though Nan had notice Brian's withdrawal, she had been relu tant to speak up since she had learne from her own mother that a wife shou be dutiful and not complain.

"However, Nan's failure to discuss a issue that troubled her established bad precedent: As Teddy's proble emerged, as the marriage became mor strained, she grew to rely almost com pletely on her mother, pushing her hus band further away. Not until her moth er died did Nan realize she and Bria had become virtual strangers.

"I told this couple that the primar goal of therapy would be to reacquain them and to teach them how to shar important feelings.

"They were slow to get started—Brian, especially, placed a high valu on acting civilized—but with encour agement he was able to tell Nan how formidable and rigid she had seeme whenever he had wanted to do some thing spontaneous with the children.

"'I thought you were being selfish, Nan confessed. 'You thought I was self ish if I didn't do things with them, and you thought I *(continued on page 18)*

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eumatoid arthritis—Often beginning between 40 and 50 years age, rheumatoid arthritis can be the most debilitating type of hritis. It is not only limited to joints, but may also affect other gan systems (lungs, muscles, skin, nervous system, even the art).

Both forms of arthritis are more prevalent in women than in :n. Their causes are at present unknown.

mptoms of arthritis:

rly morning stiffness or aches, difficulty in movement or bend- g, and swelling and/or tenderness in one or more joints are all mptoms of arthritis. The hands, wrists, feet, elbows, knees, and oulders are often sites of arthritic pain. If you are experiencing ese pains, you should seek the advice of your doctor.

yths and quackery—they can hurt more than help.

ıe days of "copper bracelet" and "exotic herb" cures are, unfor- nately, not over. These and other "miracle" treatments *cannot* re arthritis. They often do result in a waste of money and a lay in proper medical care.

)ur best defense is to see your doctor.

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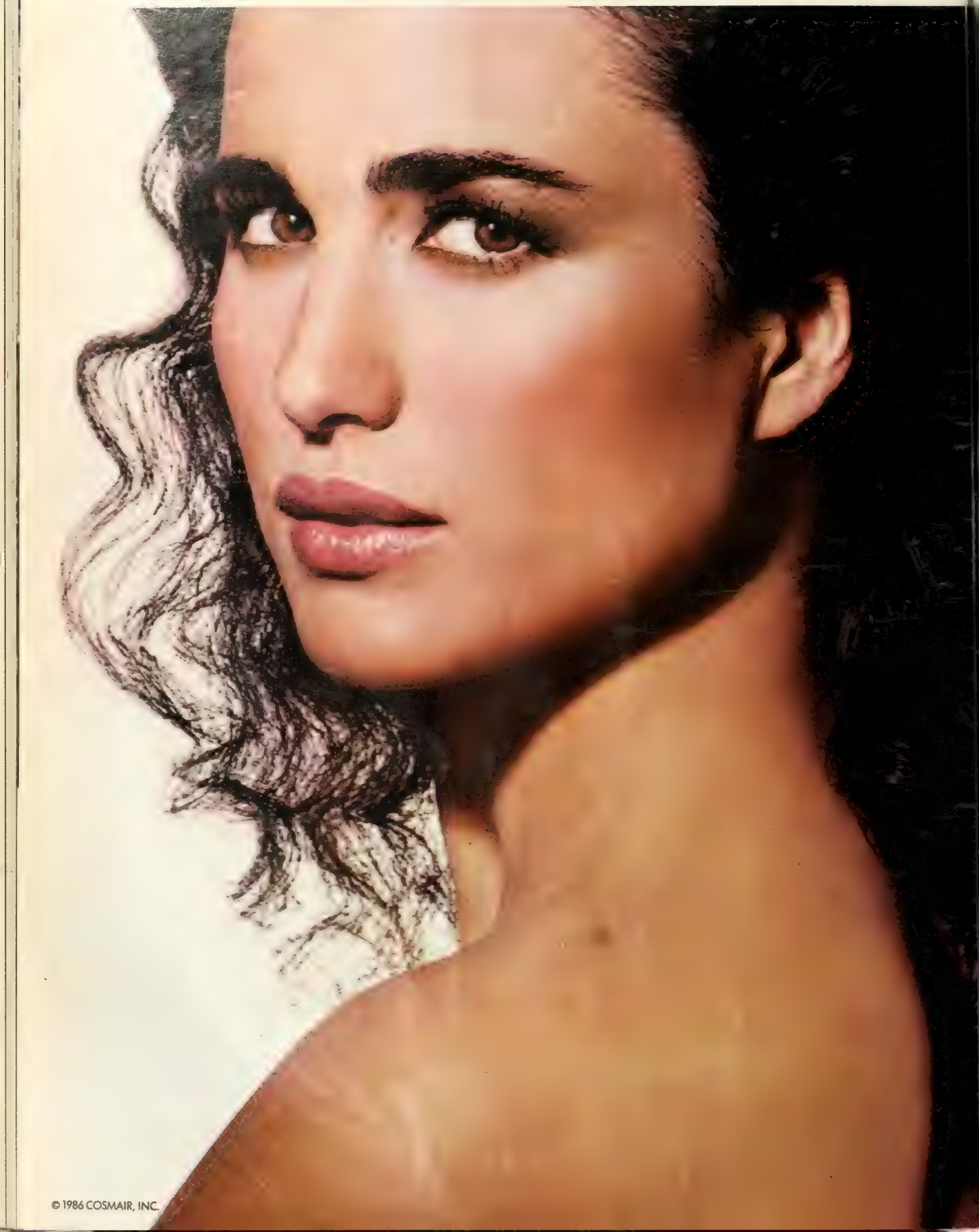
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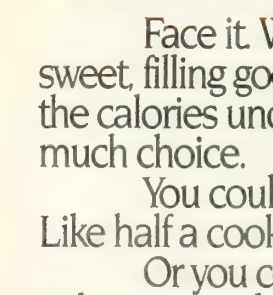


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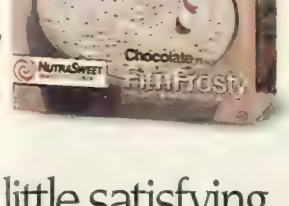
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CAN THIS MARRIAGE

continued from page 12

was selfish if I did,' Brian declare always had to be on your term guess you're right,' Nan said. must have hated me.' 'No,' Brian plied with a little smile. 'But I d feel much like cooperating either.'

"During one session, Nan adm that she had been 'obnoxiously su efficient.' She had complained a doing everything, and yet she w very action-oriented woman. I gested that the next time there work to be done around the house wait for Brian to take care of it, w out getting upset and reminding and without doing it herself.

"Within a short time, Nan ha chance to implement my advice. W their washing machine broke d Nan found that she could hold back wait for Brian to call a repairm When he then took the initiative to a new machine, since it was clear old one would never last, Nan pra his decision and found—to her light—that she agreed with his ch She told him so, and she saw surp and pleasure in his face.

"This couple's sexual problems to little more time to resolve, since years Nan and Brian had avoided e other. I assured them that they c start over again, but I advised then abstain from having intercourse f short time, no matter how much t wanted to. They could kiss, hold ha and touch each other, but that was

"By the end of three weeks, it clear that this technique was worki Nan had lost her I-can't-let-him-tou me attitude, and Brian found that ting things happen slowly and ger was much more pleasurable than s ply demanding sex.

"Talking about Teddy was still v painful. During one moving sessi Brian cried as he tried to come to ter with the full measure of his disappo ment. Once he did, he was able to velop a new rapport with his son. cently, Brian went to the home wh Teddy lives and arranged to take son and two of his friends to a b game. Nan was thrilled.

"Though Nan and Brian had be concentrating on problems, I sugges they also learn to appreciate what th had. Their children, for instance, h turned out well. And thanks to Bria hard work, they were financially cure. They agreed it was time to ha some fun together, and they are bu planning trips, like the cross-cou try-skiing vacation they took l March. 'We're still young,' Nan s during one of our last sessions, 'and never to late to start over.'" E

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"I FOUND MY FATHER"

I had dreamed of meeting the father I'd never known. After a long search, my dearest wish came true. By L. Cheryl Bedford

I hardly ever watch television at night, especially when my husband, Bill, a computer technician, is at work. That's why it seems like a miracle that I turned it on one evening in May of 1985 and heard the name that would eventually reunite me with the father I'd never met.

On that particular evening, in my home in Shipston-on-Stour, England, I was watching a news program interview with an American newspaper reporter. The reporter's last name caught my attention—it was the same as my father's. Furthermore, he was from Pittsburgh, the city where my dad had grown up. My excitement grew. It wasn't much of a connection, but it was the only lead I had. After five years of searching for my father, I was willing to try anything to find him.

Although it may sound odd, I knew almost nothing about my dad. What I did know was that in the waning days of World War II, my father, James G. Roth, was an American army private who met and married my mother, a ravishing brunet named Joan Cicely Howkins, while he was stationed in England. Shortly after they were married, my father was sent back to the front lines in France, and by the time I was born, in 1945, he was on a troopship sailing back to America.

My father had returned to his hometown in Pennsylvania, furnished a house and waited for my mother to join him. But she never went. To this day I'm not quite certain why. Her parents may have been against her moving away. And I know that there were stories of British war brides going to America only to be abandoned by their husbands. Whatever her reasons, she refused to join my father.

However, my mother never talked about any of this when I was growing up. Because she worked during the day, we didn't get a chance to spend much time together, and we weren't very close. And since neither she nor my grandparents ever mentioned my father, I was afraid to ask about him. I didn't even know he was an American until I was eight years old, when a neighbor told me.

But even though I'd never met my father, I missed him nonetheless. Often, when I saw other children going on outings with their fathers, I couldn't help feeling sad and lonely for him. Yet I never pressed my mother for information because her absolute silence told me that the subject was either too painful or embarrassing to discuss.

Throughout the years, my missing father was always in the back of my mind. And I began to wonder about him even more when I met my husband-to-be, Bill Bedford, when I was fourteen. Bill, who had lost both his parents, understood my curiosity about my father. He also understood why, after a lifetime of silence, I couldn't bring myself to ask my mother about my dad.



Loving touch: Cheryl Bedford's first meeting with her father, James Roth

Darrell Sapp/Pittsburgh Post-Gazette

Bill and I were married when I was eighteen, and we had our first child, Jacqueline, two years later. As we struggled to make a living and raise our daughter, I barely had time to think about my father.

But as Jackie got older and I had more time to myself, I began wondering about him again. Then, about the time I became pregnant with my second child, Robert, in 1980, I decided to hunt for my dad in earnest.

All my efforts ended in frustration. The British military authorities had no record of him. The American Embassy in London assumed I wanted to file a financial claim against my father, as many other war babies had done, and they simply sent me the forms to do so. Bill asked an American friend to check what he could uncover, but he, too, had no luck. I didn't know where else to turn, until that wonderful night a year when I heard Mark Roth's name.

I sat down immediately and wrote Mark a letter. I told him about my search for my father, and I gave him what little information I had—my dad's full name and his Army serial number, taken from my birth certificate, and that I thought he had been born near Pittsburgh. Finally, I told him the truth—that I wanted, if possible, for Robert to grow up with a proper grandpa. Then, crossing my fingers, I sent it off.

For a month I heard nothing. Then, one day, the telephone rang. "Cheryl?" asked a distinctly American voice when I picked it up.

"Yes," I replied, beginning to tremble.

"This is Mark Roth in Pittsburgh. Are you sitting down? I've found your father, and he wants to meet you."

I didn't hear much of what Mark said after that. I was crying, and my thoughts were in an uproar.

Now I know the whole story by heart. When I wrote to Mark I believed that my dad had been born and raised near Pittsburgh. And because *(continued)*

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A WOMAN TODAY
continued

Roth is an uncommon name in England, I even thought Mark might be related to my dad. But in actuality, my father was born on the other side of Pennsylvania, near Reading. And not only was Mark no relation, there were 253 Roths in the Pittsburgh phone book!

When he received my letter, Mark told me, he did not have much hope that he would find my father. But as a reporter, he was intrigued by the challenge . . . and moved by what he sensed was my heartfelt need to find my dad.

So, working in his spare time, Mark began to call Roths in the Pittsburgh area, which was a dead end. But my dad's old army ID number proved more helpful. Mark used it to track down a forty-two-year-old army document that listed my dad's real birthplace and his mother's name. Amazingly, when Mark called Reading, he was able to find a public official who knew one of my dad's sisters. And when Mark called her, she revealed the rest of his story: My dad had remarried, he had had two daughters, and he had lived in Cincinnati before retiring to Florida.

But the best news of all was that my dad wanted to talk to me. Mark and I agreed that he would deliver my letter to my father in Florida, and that after reading it, my dad would call me. The date was set: June 15, 1985. It never occurred to any of us until later that it fell on Father's Day weekend.

My dad's call was scheduled to ring in my home between eight and nine o'clock in the evening. All day I paced and fretted, wondering what I would say to him. Finally, the phone rang. It was Mark. "Are you ready?" he asked.

"Yes, I think so," I replied nervously.

Then there was silence. I found out later that when my father took the phone, he began sobbing too hard to speak.

I, too, cried freely when he came on the line. My dad explained that he had never hunted for me all these years because he assumed I didn't want to hear from him and that he had thought I must be indifferent or bitter. He assured me that he had divorced my mother only after she refused to join him. My dad said many other things as well, but I was so overwhelmed that the call was a bit of a muddle for me.

Naturally, my father and I wanted to see each other. But neither Bill and I nor Dad and his wife, Leona, could afford a transatlantic trip. I was especially worried because my dad had recently had open-heart surgery and radiation treatments for throat cancer. It would be too heartbreaking for us to find each other only to be separ again, this time forever.

That's when Mark's newspaper, *Pittsburgh Post-Gazette*, stepped With the help of British Airways the Pittsburgh Hilton, they off Bill, Robert and me the chance to Dad and Leona in Pittsburgh in tember. In exchange, we would agr give interviews and have our pict taken. It seemed a small price to p

Finally, the day arrived. I was e to see my dad, but I was also slig apprehensive. What if I didn't mea up to his expectations?

When we finally arrived in Pittsbu we were treated like celebrities. vision crews took our pictures, an were ushered to the head of the lin customs. Then I stepped onto an e lator and rose slowly to meet my fat

When I reached the top level, a cameraman blocked my way. I pe around him, and there was Dad, ing toward me. "Oh, there you ar cried as I rushed to meet him. He was ing too hard to say anything. Instead hugged me tight and patted my b again and again. My father, at last.

But even though I was finally my father, we still didn't know other. And we weren't sure we c bridge the gulf of all those years ap

By the end of our two-week vis had no doubts about my father's love me. I could see it in the way he loo at me and held my hand and the we could sit in comfortable silence enjoy just being with each other.

Bill, too, felt at home with Dad Leona. And Robert and his new "gr were already great pals.

During that visit Dad and I both alized what we wanted to happen n

"Come live with us," Dad urged

I knew that I was ready to say yes, b had my family to consider. So I told that my place was with Bill, and th would be his decision to make.

But I didn't have to worry. Bill fallen in love with Florida. He told that he thought he could find a jo computers near my dad's house. even if he couldn't, he was willing move anyway and find some other t of employment for my sake.

So if all goes well, we'll soon be liv in Florida near Dad and Leona. And have plenty of time to get to know two new sisters as well. Of course, strange to be leaving England— miss the family I'm leaving behind. mother, who was shocked at my d sion to move, has reconciled hersel the idea. And my daughter, Jackie, is engaged, will be a bit lonely.

But no matter what, I know I'm ing the right thing. I just want to part of the lovely family it took me long to find.

you want to ecome pregnant...



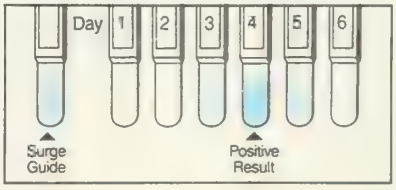
ew Ovutime® accurately pinpoints the time you can conceive

owing when you ovulate can ease your chance of becoming gnant. And now, with new JTIME® you can predict when 're going to ovulate up to 36 hours dvance, so you can plan when 're most likely to conceive.

OVUTIME is a urine test thod that physicians, laboratories fertility clinics use. But it's *so easy*, ve made it available for you to use ome.

OVUTIME detects the hormone (luteinizing hormone) that triggers lation. LH surges (or increases) before you ovulate, and you can ect its presence in your urine.

Simply test your urine once a for 6 or 9 consecutive days each nth with special OVUTIME orsticks.

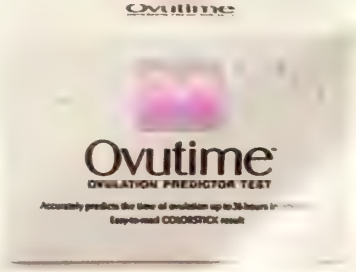


The Colorstick will turn dark blue when LH surges. And only OVUTIME contains a control test called the "Surge Guide" to help ensure that your prediction is accurate. If your daily Colorstick turns a darker blue than the Surge Guide, you are likely to ovulate within the next 36 hours.

It's that easy to accurately predict ovulation...unlike the temperature method which gives you information too late for you to use.

And OVUTIME offers both a 6-day and 9-day kit to choose from, depending on the regularity of your cycle.

When you really want to become pregnant, turn to the accuracy of new OVUTIME. The test method doctors use can help change your life.



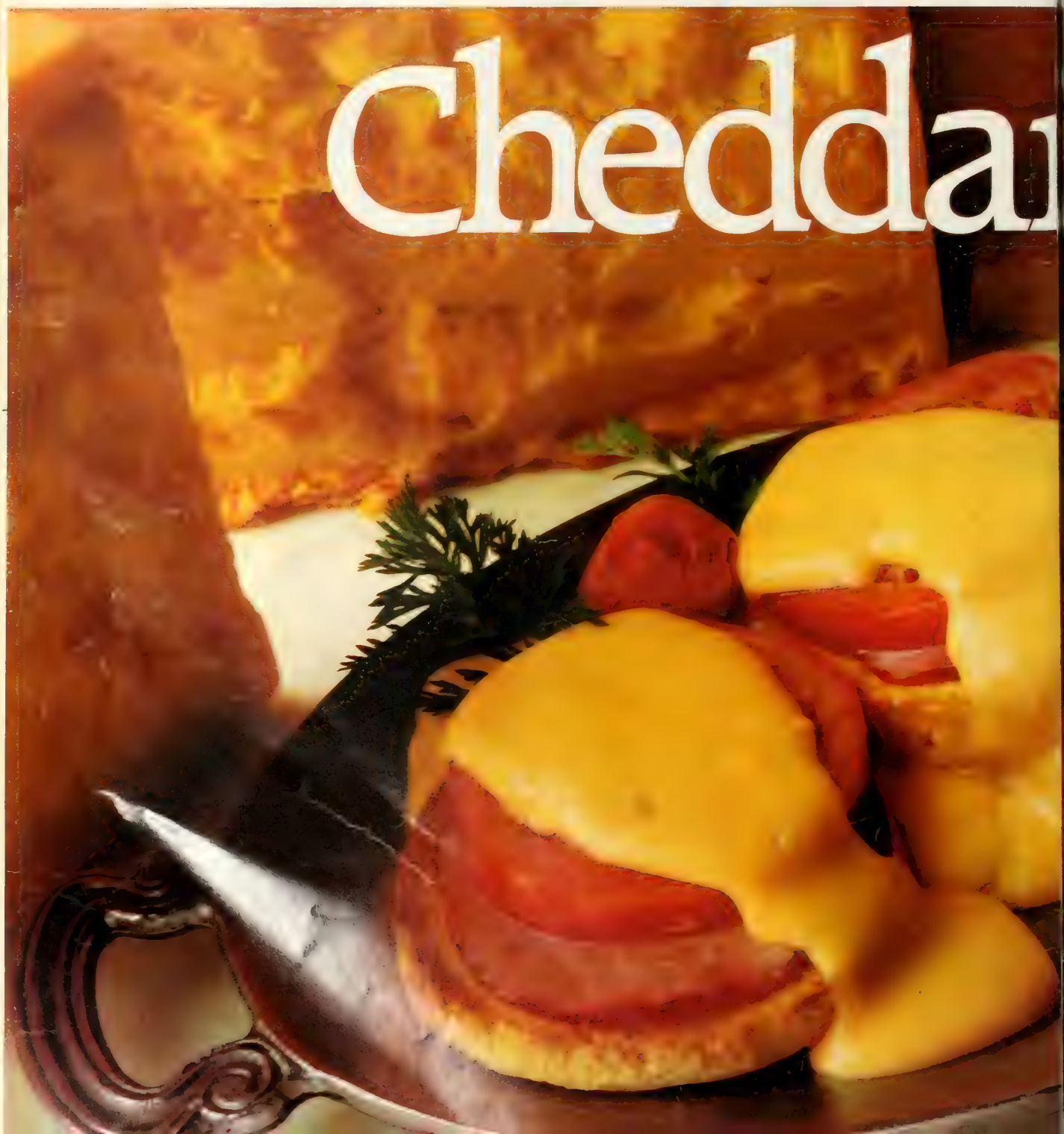
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HOME OVULATION PREDICTOR TEST

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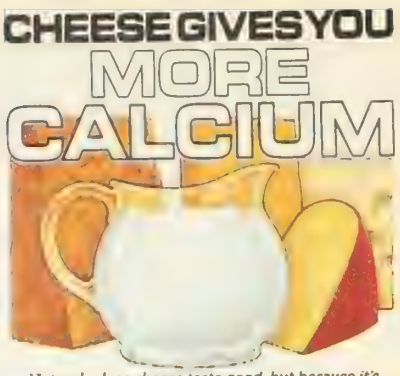
Make your meals sing with

Cheddar



ich, bright cheddar is our
ıntry's favorite cheese. First
)duced in the English village
Cheddar, it has become as
nerican as apple pie.
Depending on how long they're
ed, cheddars can range from
ld to very sharp, from firm to
ımbly. Some are light yellow,
ners are sunny orange.
The tangy flavor of cheddar
eese makes it a perfect, robust
companion to a wide variety of foods, from macaroni to char-broiled burgers to souffles. Melted and simmered with a few other choice ingredients, cheddar cheese becomes a luscious, velvety soup. And nothing can do more for a cracker than a zesty wedge of aged cheddar.

Discover for yourself why Americans make more meals sing with cheddar than any other cheese.



Not only does cheese taste good, but because it's made from fresh wholesome milk it's one of nature's most concentrated food sources of calcium.

Cheese.



Grated, as a topping.



Melted, on vegetables.



Welsh Rabbit

4 servings

2 tablespoons butter
4 cups (16 oz.) shredded sharp Cheddar cheese
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
Dash Cayenne pepper
2 eggs, slightly beaten
½ cup light cream OR half and half
2 English muffins, split, toasted, buttered
4 slices Canadian bacon, about ½-inch thick, heated
4 slices tomato, about ½-inch thick

Melt butter in 2-quart heavy saucepan over medium-low heat. Add cheese, stirring constantly until cheese is melted. Stir in Worcestershire, mustard and Cayenne. Combine eggs and cream. Remove cheese mixture from heat. Stir in egg mixture until well blended. Return to medium heat and cook until thickened, stirring constantly. To assemble, place one English muffin half on each serving plate. Top each with a slice of hot Canadian bacon and a slice of tomato. Spoon about ¾ cup rabbit over each. Serve immediately.

"REAL" Seal is a registered trademark of United Dairy Industry Association.

BEAUTY JOURNAL

Summer beauty problems solved, plus reader-tested pedicure, shape-up vacations



Ross Whitaker

BEACH BASICS

Causes, cures, for summer's most common beauty busters

Before you bare it all to sun and sand, read the advice of our medical experts on coping with hot-weather uglies and itchies.

■ *Dry, peeling skin.* Blame it on too much sun, wind, pool water or salt water; keep it in check by reducing exposure to the elements, taking a clear-water shower after each dip, avoiding long, hot baths. Ease with frequent applications of body lotion.

■ *Brittle, lackluster hair* is caused by the same elements that dry your skin, often in combination with excessive blow-drying and use of hot rollers or curling irons. Protect hair with a straw hat or a loose cotton scarf. Shampoo and condition immediately after swimming. Moisturize with weekly warm-oil treatments. Let hair dry naturally, and switch to a style that can be moussed into shape. (Be sure to use alcohol-free mousse.)

■ *Herpes simplex*, or cold sores, on lips may erupt in summer, when the virus that causes them is activated by sun, heat, wind. Keep lips protected and moist with a sun-screening conditioner. Apply calamine lotion to soothe and heal mild sores. See a doctor if problem is severe.

■ *Sunscreen dermatitis* is often an allergic reaction to PABA (para-aminobenzoic acid), the sun-blocking ingredient in many beauty products. If a flat, red rash appears after using a PABA product, do not reapply. Wait for the rash to subside, then try a sunscreen without PABA.

■ *Yeast infections*, characterized by vaginal discharge and itchiness, are more prevalent in summer, when hot weather, tighter clothing, and chlorinated water conspire to decrease the acidity of the vagina. Infection is less likely if you wear loose cotton underwear and skirts instead of jeans, eat yogurt at least once a week (it contains fungus-reducing lactobacilli) and decrease sugar consumption. See a doctor if your problems persist.

Our panel of experts: Robert Auerbach, M.D., associate professor of clinical dermatology, New York University School of Medicine, NYC; John Corbett, M.D., vice-president of technical development, Clairol, NYC; John Romano, M.D., attending dermatologist, New York Hospital–Cornell Medical Center, NYC; Jonathan Scher, M.D., assistant professor of obstetrics and gynecology, Mount Sinai Medical Center, NYC; Charles Zugerman, M.D., assistant professor of clinical dermatology, Northwestern University Medical School, Chicago.

SLEEK YOUR BACK



To erase the roll beneath your shoulder blades, hold a one-pound weight in each hand and bend at the waist, keeping your knees slightly flexed. Bring the weights toward your chest as shown and then straighten your arms. Do 15 times; rest; repeat.

Exercise created by Bruce Baltz, Lifetime Fitness Company, New York City

Diane Teske Harris

BODY BLOAT

ALL PUFFED UP? HERE'S WHAT TO DO ABOUT IT

Your zippers won't zip, your bra's too tight, your feet have swollen a size larger... if summer brings problems such as these before your period, you're not alone. According to Andrea Dunaif, M.D., assistant professor of obstetrics, gynecology, and reproductive science at Mount Sinai Medical Center, in New York City, for many women, bloating (fluid retention) caused by progesterone released during the second half of the menstrual cycle is worse when the weather is hot. Her suggestions for reducing overall puffiness: Use less salt and eat fewer salty foods (pickles, chips, and so on) in the two weeks before your period. For uncomfortable breast bloat, try eliminating chocolate and high-caffeine beverages, and cut back on cigarettes if you smoke. For swollen feet and ankles, elevate your legs. Elastic stockings are helpful when the problem is pronounced. If significant swelling persists, see your physician. Caution: Don't self-treat with diuretics. They can heighten sensitivity to sunlight and result in drastic loss of magnesium and potassium. (Extreme potassium loss is life-threatening.)

For more beauty news, turn to page 30


Loving Care
Color Mousse
Loving Care
Color Mousse
Don't just cover your gray,
Mousse it!
When you use Loving Care® Color Mousse,
you do more than just cover your gray. You
keep the beauty of your own natural color.
Because Loving Care has no peroxide to
change your color. It just brings back the
color you've lost... only where you've lost it...
only where you're gray.
So don't just cover your gray. Mousse it!
Loving Care Color Mousse from Clairol.®
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HOW FIBRE TRIM® GA THE FRENCH

It's never easy to say "no" to food. Especially in a country totally obsessed with it.

Small wonder the French flocked to Fibre Trim.® They found a thoroughly natural way to help them fight hunger, and lose weight. A way to say "no" to croissants, "no" to crêpes—even "no" to chocolate-laden éclairs.

Fibre Trim has been so successful, it's Europe's number one diet aid.

And now it is here in America.

A PROVEN, NATURAL WAY TO LOSE WEIGHT

Fibre Trim is simply natural food fiber, in a tablet. Taken before meals, Fibre Trim helps you eat less without constantly feeling hungry, so can lose weight gradually. Without any drugs, the jitters and headaches they can bring.

But all fiber is not alike.

Fibre Trim is created from a unique blend different types of fiber from grain and citrus.

A blend proven successful all over Europe

A blend that works.

ADIEU TO INCESSANT SNACKING

If smaller meals only leave you starving a hour later, fear not.

You can use Fibre Trim to help keep you feeling hungry between meals, too. You won' be gritting your teeth and constantly fighting

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. NEW STRENGTH TO RESISTANCE.

to snack. Farewell, midnight munchies.

N THE DAILY BATTLES, AND THE WAR

ibre Trim is for sensible dieters. People who e they didn't gain 10 pounds overnight, and expect to lose it that way.

ibre Trim isn't magic. But it elp you in a sane, grad- proach to weight loss. that's the way to get g results.

ake Fibre Trim, stick a reasonable diet, move nd more, and be patient. won't lose 10 pounds by Thursday, but you'll fit into that Yves Saint Laurent year after year.



KEEP IT OFF WITH FIBRE TRIM

Since Fibre Trim is simply natural fiber, it can become a sensible way of life—even after you've reached your goal.

It's the healthy way to stay trim for good.

Take a cue from the food-loving French, and boost your willpower with a little help from Fibre Trim.

Vive la résistance!

THE EUROPEAN WAY TO SLIM. FOR GOOD.

BEAUTY LAB

FOR BEACHY-KEEN FEET THIS SUMMER, HERE'S THE ULTIMATE PEDICURE

Our salon-perfect pedicure to do at home will leave your feet baby soft and ever so see-worthy. You'll need: a large bowl, shampoo, cuticle cream and nippers, tissue, emery board, orange stick, pumice, body lotion, mild astringent, cotton balls, polish and polish remover.



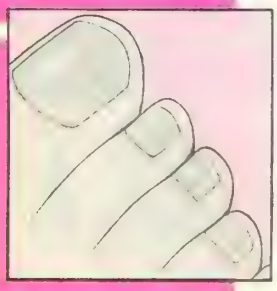
REMOVE old polish if necessary, then shape toenails with the fine side of an emery board. Swish a few drops of shampoo into a large bowl of lukewarm water and soak feet for five minutes.

SOFTEN cuticles and soles with cuticle cream. Rinse. With tissue-wrapped orange stick, push back cuticles and clean under nails. Use nippers to snip away ragged cuticle edges. (Don't cut too deep.) Smooth calluses on soles with pumice stone.



MASSAGE body lotion into the skin of your feet and legs up to your knees. Rinse feet in fresh warm water to which you've added a splash of astringent.

TOWEL-DRY feet, dip cotton-wrapped orange stick into polish remover and go over and around edges of toenails to remove last traces of lotion. Twist a piece of tissue and weave the strip between your toes to separate them.



APPLY base coat, two coats of polish and one of top coat, allowing each to dry completely before brushing on the next. For a fresh, pretty change, try polish in the French mode: Apply base coat. Edge nail tip with a coat of opaque white. When dry, apply clear pink or beige over entire nail. (A little extra effort, but *ooh la la, très charmant*!)

READER TESTED

MORE THAN JUST POLISH: TAKE FIVE EASY STEPS TO PAMPERED FEET

We supervised as two *Journal* readers, Shari and Alice, summered up their feet with our home version of a salon treatment. Shari was delighted with the results: "In the past, a pedicure meant a slapdash coat of polish on my toenails. I never took the time to soak and soften with a pumice stone and lotion. What a difference a few extra minutes can make. My feet love it, and so do I." Alice had always preferred bright polish colors—partly to mask discoloration on two toenails, partly because she felt vivid hues were more feminine. We persuaded her to try the French method, and she was surprised at how well it covered nail flaws and how sexy and young it made her feet look. "It's fresh and natural but not bare. I can hardly wait to slip out of my sandals at the beach!"

TRENDS



Diane Teske Harris

And now: health-conscious travel . . . good-for-you alternatives to the sit-sun-and-eat-yourself-fatter vacation.

The fitness-conscious everywhere are investing in spa vacations. Most spas provide multiple exercise options and nutrition regimens that include low-cal food and advice on new, healthy eating habits. Some spas also offer instruction in meditation and other means of coping with the stresses of modern living.

Good news . . . a number of hotels are installing or expanding fitness facilities. In addition to a pool, you'll find exercise equipment, tennis courts, a jogging path, saunas, in-house masseurs. On a special diet? No problem. Many hotels offer low-cholesterol and low-sodium fare and low-calorie menus.

Even the airlines are getting into the act. Given a day's notice, most major carriers will provide low-sodium or low-calorie meals. (Tip: Diet or no, a smaller, lighter meal en route will help you arrive feeling fresher, less fatigued.)

NEW UNDER THE SUN

COLOR UP. COPPERTONE'S NATURAL TAN ACCELERATOR HELPS YOU TOAST DARKER AND FASTER. ULTRASENSITIVE TO THE SUN? PLOUGH'S ULTRA SHADE SUNBLOCK LOTION SPF 23 OFFERS MAXIMUM SUN PROTECTION, AND IT WON'T SWIM OFF.



THE SEAL ON THE OUTSIDE TELLS YOU HOW GOOD IT IS ON THE INSIDE.

If you're looking for great tasting orange juice, look for Florida's Seal of Approval on the package. It's your assurance of 100% pure juice that meets Florida's standards. Standards even higher than the federal government's.

BARBARA WALTERS

"What I know now that I didn't know then"



Herb Ritts/Visages

1 You can fall in love at any age.

2 I hate exercise. To me, exercise is having my bedroom on the second floor and my refrigerator on the first floor.

3 The most respected world leaders and heads of state can look you right in the eye and lie.

4 It isn't at all bad being fifty.

5 When thinking about having a baby, remember that there comes the day when they outgrow the darling feet pajamas, look you in the eye and say, "Says who?"

6 Everybody, but everybody, is shy—or thinks so.

7 Kirk Douglas says something I agree with: "Always be nice to your children. You never know who they'll grow up to be."

8 It is vitally important to learn how to keep a secret. When you have learned how to do this, you will hear many.

9 Not everyone agrees with you. They could be right.

10 Trust your gut.

11 Most men at heart are more sentimental than women.

12 I don't regret the things I've done . . . only the things I haven't.

13 My mother used to tell me to get married in case of a rainy day. That's easy. But the way to judge if you really want a man is to imagine having him on the happy days—when you *don't* need him. If you want him for the happy days, too, you're on your way.

14 No kidding, folks...even the biggest celebrities really do have the *(continued on page 36)*

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(continued from page 32) same basic problems as the rest of us—only more so.

15 When things seem too routine, I remember a jeep ride . . . bumping along over the countryside on unpaved roads. I recall holding the driver's gun on my lap and the driver blowing smoke in my face. The country: Cuba. The driver: Fidel Castro. My thought: What am I doing here?



George Long/ABC

16 When I want to smile, I remember another jeep ride, this one with President Reagan. His jeep, old and beat-up. Me with my heart in my mouth as the President backed up almost to the edge of a cliff on his California ranch. "I haven't driven this jeep in almost a year," he said, fumbling with the gear. My thought: What am I doing here?

17 Weak men are intimidated by strong women. Strong men allow strong women to be weak when they need to be.

18 I remember Esther Williams telling me in an interview, "Every age has its compensation." I remember Barbra Streisand telling me, "Time is my friend," and I remember young Michael J. Fox saying, "A creative mess is better than idle tidiness." These three may not be the greatest philosophers of the decade, but I really think they have got something there.

19 Don't answer your critics.

20 You don't have to decide the rest of your life at twenty, or thirty, or forty, or even fifty—but especially not at twenty.

21 In business, in love and with teenagers, don't fight the little wars. (As a matter of fact, the only time it really pays to take a stand over something small is with the cleaners, when they lose your belt.)

22 When I want to convince myself that exercise really doesn't matter, I simply remind myself that in life, experience is worth far more than a flat stomach.

23 The worst time of my life professionally was about ten years ago, when I left NBC to co-anchor the network news on ABC. It was as if I'd committed a crime. My on-the-air partner ignored me, my off-the-air critics hounded me, and not a day went by that I didn't open a newspaper and read another blast. I could do no right. In the midst of all of this, a telegram arrived from a man I had not yet met. It read, "Don't let the bastards get you down," and it was signed "John Wayne."

Folks, when you think it's all too much, pretend you just got a telegram from John Wayne and me.

24 If you want a career, forget titles and perks. Make sure you get your foot in the door and then work your fanny off.

25 The greatest leaders have more than a touch of the fanatic about them.

26 What you can't face one day, you can another . . . and successfully.

27 When I'm blue and I need a particularly happy thought, I remember Menachem Begin in a Washington hotel, singing Israeli folk songs with his euphoric staff the night the peace treaty between Israel and Egypt was signed.

28 When I'm feeling fatalistic, I remember that same day, when Anwar Sadat told me that he believed totally in fate, saying, "God will not take me one hour before He is ready."



Craig Sjodin/ABC

29 Barbra Streisand is so wonderfully talented that I would forgive her for anything—and I already have. Goldie Hawn is the most adorable woman. Cher is an absolute original. Sally Field is touchingly honest. Clint Eastwood is the nicest man. So are Paul Newman, George Burns (continued)

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6mg 4mg 7mg 5mg 3mg

Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan '85 FTC Report or FTC

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

(continued) and Alan Alda. Angela Lansbury is a real mensch. Cary Grant is everything you could ever hope he would be . . . and more. Joan Rivers is never, ever boring.

30 We have passed the time when movie stars were our role models. But there are two women who still fall into that category: Katharine Hepburn and Jane Fonda. Hepburn, not just because she is a superb actress but also because she is true to herself and to her moral standards. In her mind, right is right and wrong is wrong, and she lives her life with few compromises.

I think Jane Fonda is this generation's Katharine Hepburn. However you may feel about her political views, this is a woman who cares deeply and dedicates herself to what she believes.

31 One of the most charming men I've ever met is the Prince of Wales. He is direct, amusing, considerate and very intelligent. After interviewing him once, I remarked that when he meets someone, he looks them in the eye and seems to really listen. "I've been trained that way," said the future King of England. "Wasn't I lucky?" I think Princess Diana is lucky.

32 There is something special about cooking with your kids. I wish I'd done it more.

33 Heaven is a nap in the afternoon when you've finished your work.

34 If you're writing a story or giving a speech, this might help. One of the rules I go by when editing a story for *20/20* is that it must have a very strong beginning and an equally strong ending. Do this, and you can get away with a lot in the middle.

35 Clean hair means more than a new dress.

36 If you want to get ahead, you must work longer, harder and more compulsively than the other guy. I don't know of any shortcuts.

37 The women in my field are so damn good.

38 Nancy Reagan is the same off camera and on. A worrier, terribly sensitive, very loyal, very thoughtful. Of all the First Ladies I've known, I think I feel the most comfortable with her. Rosalynn Carter was very reachable, easy and relaxed before her husband became president. During his presidency, I found her uptight. After he left office, she was again reachable, easy and relaxed.

39 There is no greater pain for a mother than a child in trouble, and no greater joy than when the child grows up and becomes strong and happy.

40 Never tell someone you've seen on television how much better he or she looks in person. The only thing worse is to tell them how much better they look *on* television. The solution: "You look great, just like on TV."

41 When young people ask me what their college major should be or what they should do after graduating, I answer, "Work at something you love to do, and you will be successful at your career." These were words based on my own experience. Imagine my surprise and pleasure, then, when I read almost exactly the same advice in a book of quotations from the philosopher Kahlil Gibran.

42 Just about every successful person remembers his or her first job. If you're ever stuck for a topic of conversation with a tycoon, try asking, "What was your very first job?"

43 Years ago, a famous lawyer gave me a very good piece of advice: "Never write a letter," he said, "and never destroy one." That does not always hold true, but it certainly does when you're angry. Don't write the angry letter. If you must, say it in person. And don't tell secrets in a letter. Once that letter is in the mail, it is out of your control.

44 I don't know what I would do without my women friends.

45 People who adopt children love those children with all their hearts. They usually feel these children were born in some special way just for them. So they really don't like and don't understand why other people constantly write about or refer to the children as "adopted."

46 Make your partner look good, and you'll look good, too. Some years back, when Hugh Downs, Joe Garagiola and I were together on *The Today Show*, we always backed one another up. Joe used to say, "There's no such thing as a good Amos and a bad Andy."

47 At least once a week, I seem to find myself saying to a friend or colleague what I so often say to myself: "Don't throw the baby out with the bathwater."

48 Children of mothers who work do neither better nor worse at school than children whose mothers do not work.

49 I've never known a woman in my business who became successful by sleeping with her boss.

50 What I know now that I didn't know then: "This, too, shall pass." **End**







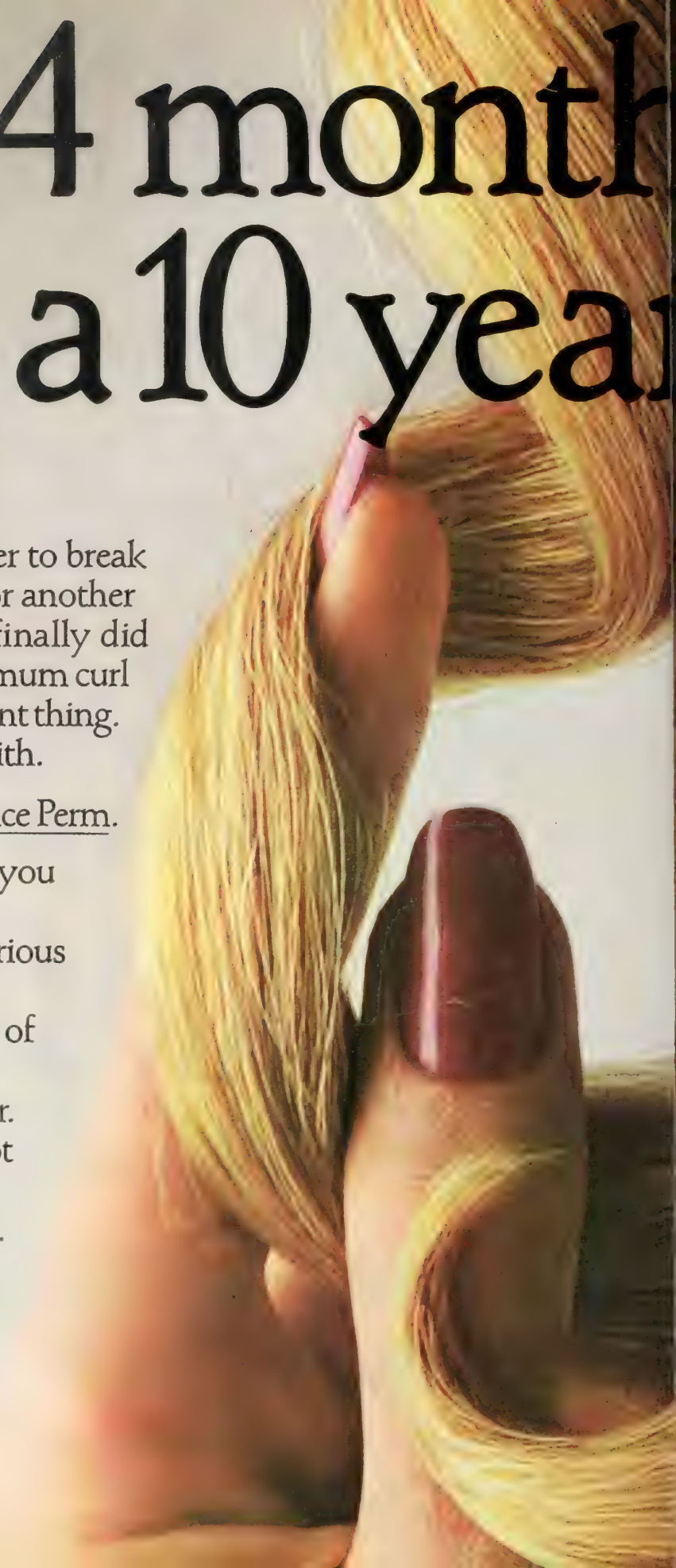
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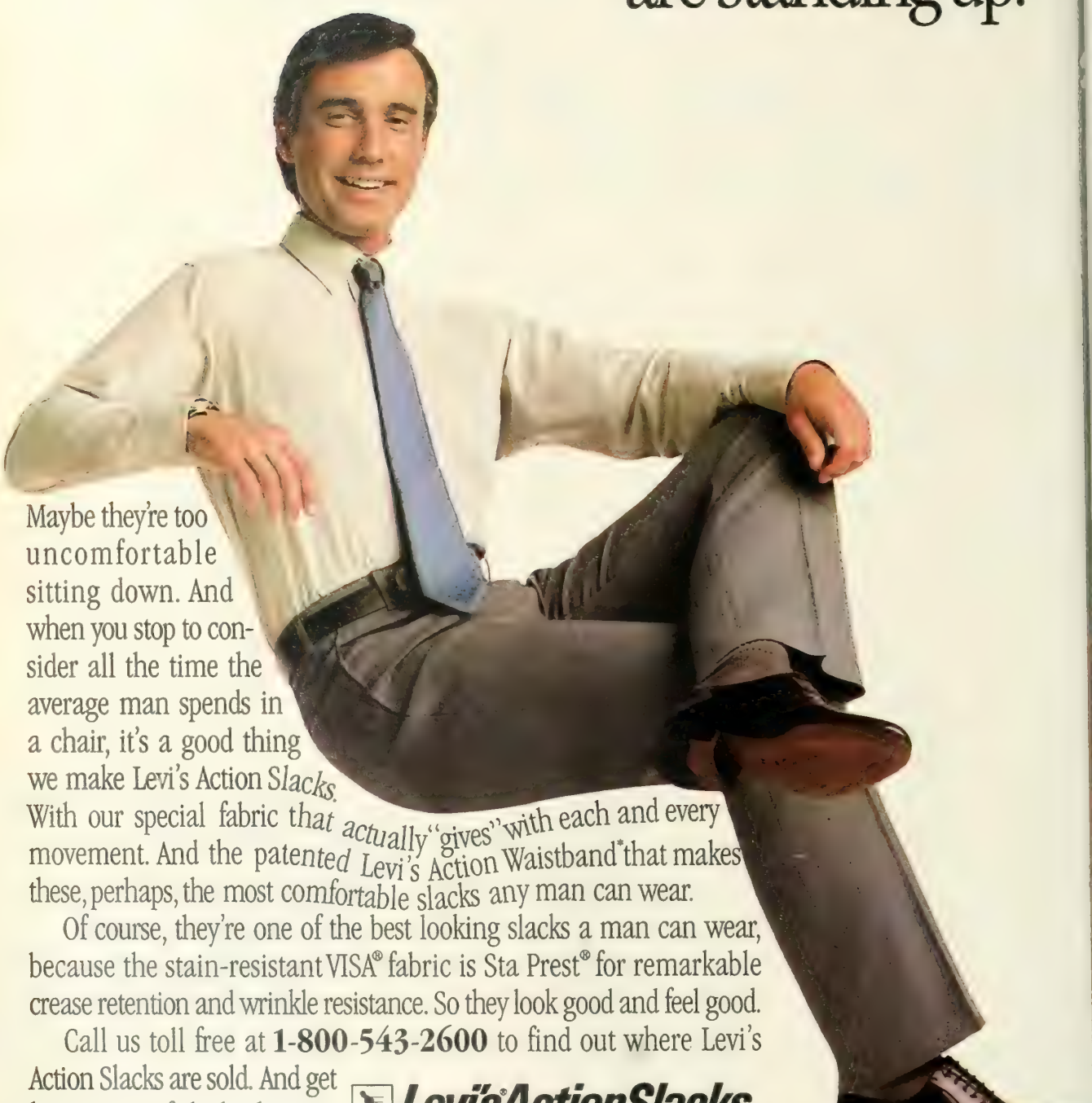
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A NEW KIND OF FATHER

By Sondra Forsyth Enos

The unforgettable images on these pages are LHJ's salute to today's fathers—loving dads who truly nurture their children



Photographs by Rebecca Chao

Barely a generation ago, a father was supposed to be a good provider, a stern disciplinarian ("Just wait till your father gets home!") and a kind of overgrown playmate—the fellow who tossed the baby in the air and taught Junior (but probably not Sis) how to swing a bat and bait a hook. None of those roles, however, involved him in the day-to-day reality of rearing children. Happily, as a corollary to women's expanding roles, all of that has changed for the better. . . .



Experts agree that having Dad in on the child-rearing scene is a development that is healthy for parents and children alike









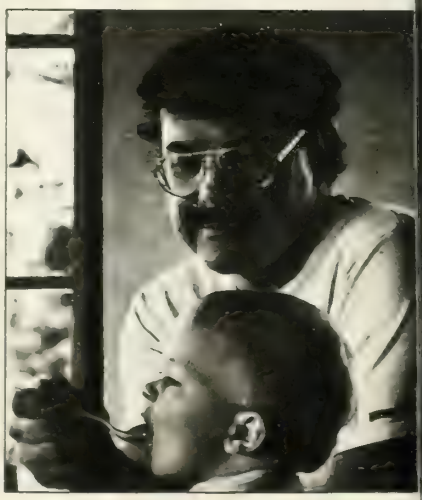
A NEW KIND OF FATHER

Nowadays, the sight of a tiny infant nestled in a Snugli and strapped to Daddy's broad chest is so commonplace that nobody even looks twice—except maybe to catch another glimpse of such a heartwarming vision. And we've all grown accustomed to seeing tall, business-suited men holding the chubby little hands of pigtailed preschoolers on the way to day-care centers. Some people theorize that one spur to the growing participation of fathers is the bonding that occurs when men assist in the births of their children. Indeed, a recent Gallup poll revealed that a whopping 80 percent of husbands are now present in the delivery room, compared with only 27 percent just twelve years ago. Experts also point to the enormous increase in the number of employed women as a major motivating factor, and at the same time the idea of men in nurturing roles has become acceptable. But whatever the reason for the trend toward active fatherhood, women approve. A 1985 *LHJ* survey showed that 84.2 percent of readers under forty believe that men are just as good with children as women are. ▶





What has taken place is not so much a revolution as an evolution— from rigid roles to today's fluid parenting styles







A NEW KIND OF FATHER

According to one father, a high school teacher who has spent more time with his two children over the years than his lawyer wife has, the most significant part of being a participating parent is what one might assume to be the worst: the bad times, the temper tantrums, the tedious rainy days, the chicken pox, the fussy eaters, the bedtime balkers. "What I mean is that I really *know* my kids," he says earnestly. "I've lived through their troubles as well as their joys. I see them as individuals, and I know they will always feel free to turn to me, to confide in me. I'm sorry my own father didn't have a chance to be involved the way I am." This man's sentiments are echoed time and again by other fathers—especially older men with second families or those with a late addition to the first brood. "I never read *The Cat in the Hat* the first time around," confesses a man in his second marriage. "I never diapered or bathed the babies. I just came home after my wife had them all fed and in their pajamas, and I kissed them good night. It wasn't macho to really mother them. Now the rules have changed. Real men take care of the kids. I like that." ▶



A NEW KIND OF FATHER

Today's fathers, as they move more and more into a realm once dominated by women, are navigating uncharted waters. They are not entirely unafraid. "I wonder sometimes how I'm doing, how my daughter will turn out, whether I'm handling things right," said one young man with a beguiling moppet in tow. "I read all the books my wife got, but sometimes you just go with your instincts. And my wife and I don't always agree, which is rough." Other men voiced similar problems, and many of their wives, while ostensibly thrilled to have Dad in on the child-rearing scene, admitted that they secretly resented giving up their territory as primary parent and complained that the men were not always as alert and sensible as they might be, especially with very small children. Even so, most parents agree that there are more pluses than minuses to having Dad pull his weight as a child rearer. Surely sons and daughters will be fuller human beings for having known the deep concern and love of two parents, each charged with the children's care in a truly meaningful way. For the sons, there will be the advantage of having grown up with the example that a man can be a man and still be nurturing. For the daughters, there will be the respect of fathers who believe in them as valuable people. And for the parents, there is a rich new sense of teamwork as they share that most important of all endeavors—bringing up their children.


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untry of the world is different . . . but in every country, in lture, a bride is beautiful! Truly, a bride at her wedding is of loveliness . . . a vision to cherish and capture forever, in of a beautiful bride doll. There is something about a bride always lifts one's spirits, just as if an actual ceremony ing place. The most desirable dolls are of course scarce, ey are crafted by hand. Building an impressive collection a lifetime of looking and years of foreign travel.

ow the Danbury Mint makes it possible for you to acquire collection of international bride dolls without the time el. *Bride Dolls from around the World* will come to you!

ne imported porcelain – skillfully painted by hand!

olls are new; they have never been offered before. But much akin to the great collector dolls of a century ago – dolls which today can sell for hundreds, even thousands rs.

doll is a generous eight and one-half inches tall. Head, and feet are all made of fine imported bisque porcelain. eatures are exquisitely sculptured and meticulously painted d. That's not all – each doll's head will be a *different* sculp- deed, each doll's face captures the special personality of her nd as well as the wonderful radiance of a young bride on dding day.

Each bridal gown is authentically styled

ride's attire is authentic to the smallest detail. And notice ch bride doll is fully attired. Her clothing is layered – con- of a gown, usually with apron or pinafore, slip or petticoat ntalettes. Her hairstyle is authentic to her country.

i, of France, wears a pink gown that is typically French – g a lovely lace pinafore, ruffled cuffs, and soft pastel ribbon gathered in at the waist with a band of embroidered trim.

Marta, the German bride, whose colorful gown is the most ul red you have ever seen – it's both brilliant and subtle at the me. Notice the lovely eyelet apron and matching sleeves.

ne other side of the world comes Yoshi, the Japanese bride, g a traditional satin kimono of a pink brocade with red trim.

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ving your cherished dolls will be simple, because each doll me with its own stand. You can add joy, charm, and color to oom in your home.

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For dolls of comparable quality in stores, you might expect to pay upwards of $50.00 each. But the Danbury Mint is able to offer each doll for just $29.50 each with no extra charge for the stand. What's more, these dolls are available exclusively from the Danbury Mint.

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PLEASE PRINT CLEARLY

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City/State/Zip _____

☐ Check here if you want each doll charged to your:
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Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

PSYCHOLOGIST'S JOURNAL

Why you feel the way you do, plus the newest psychological research. By Sonya Friedman, Ph.D.

INTERRUPTS OTHERS

Q A friend told me that I constantly interrupt people and then take over the conversation. Why do I do this and how can I change?

A Your behavior is typical of Type A personalities—individuals who are impatient and try to control many situations. You may feel that you don't have time for others to finish their thoughts or that their conversation is unimportant. Thus, you interrupt to switch to subjects that you think are more significant.

Or you may be trying to steer the conversation because you feel the need to control what's being discussed. For example, you may not want to deal with the material that others are talking about. Perhaps the topic is a sensitive one for you, or you have trouble coming up with an appropriate response. In these cases, you change the subject to one that is easier for you to discuss.

Since you have not been aware of your constant interruptions, ask a friend to tell you every time you start to control a conversation. The next time you interrupt her, she should say, "I haven't finished what I was saying" or "Before we change the subject, answer the question I just asked." This intervention will teach you to pay attention to the conversation and how you participate in it.

COMPULSIVE SHOPPER

Q My husband has become an impulse buyer. Whenever a new gadget catches his eye, he insists on getting it. Why does he act this way, and is there anything I can do?

A Impulse buyers are generally people who feel a deep inner void. They try to quell their feelings of emotional emptiness by giving themselves external rewards. By being the first person in the neighborhood to acquire all the latest gadgets, your husband gets attention from others and enhances his sense of self-worth.

Impulse buying, like other kinds of ego-boosting behavior, is difficult to control. The individual must admit to the behavior and want to change it. But there are a few things you can do to help your husband. First, don't try to restrict his shopping, since doing so may simply drive him to continue without your knowledge. Instead, ask your husband if he feels depressed and whether buying something makes him feel better. This lets you alert him to the fact that his buying is more than an occasional occurrence. Then offer him your full support should he wish to change his impulsive behavior, and gently remind him that professional help is always available.

JEALOUS FRIEND

Q A friend and I are in the same profession, but she has been promoted much more quickly than I have. I'm jealous of her rapid success, and it's ruining our friendship. What can I do?

A It's perfectly natural to env friend who has accomplis something you hope to do. And si you and your friend have the same t of career, you are competing with e other, probably without realizing or mitting it. By acknowledging your j ousy, you have already taken the f step in saving your friendship. Now must realize that her promotion d not affect whether you get one, nor d it reflect how well you are doing y job. When you get together with y friend, it's important that the two you talk about things besides her vancement. Be honest with her. Tell that although you are happy to h about her new responsibilities, it's d cult for you to discuss her career length. And remember, all of us times are faced with situations which people very much like us doing better than we are. Accepting jealousies and expressing how we fee a healthy way of coping with them.

LHJ welcomes your questions for P chologist's Journal. Send them to Sonya Friedman, LHJ, 3 Park Ave., N York, NY 10016. Dr. Friedman regr that she cannot respond personally.

GOOD LOOKS AN ADVANTAGE FOR CHILDREN

Handsome is as handsome does? Not necessarily, according to a study conducted at Pennsylvania State University by Richard M. Lerner, Ph.D., professor of child and adolescent development, and Jacqueline V. Lerner, Ph.D., assistant professor of human development. In fact, a child's physical attractiveness may play a large part in determining his success in school, at home and with friends.

The Lerners studied the progress of 130 children from the beginning of sixth grade until the end of seventh grade—the often stressful period that marks the transition from childhood to adolescence. "The attractive kids were more popular, doing better in school and having good relationships with their parents and friends," Richard Lerner says. "Teachers rated these kids as more scholastically and socially capable, more athletic and as having fewer behavior problems than unattractive kids, while parents rated their attractive kids as less of a behavior problem."

Attractive children may also have an easier time coping with the stresses of early adolescence, Lerner concludes.

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HOW TO END DIET FAILURE

An exclusive report on losing weight—and keeping it off

WEIGHT WATCHERS CONDUCTED A SURVEY OF ONE THOUSAND WOMEN ACROSS THE COUNTRY, AGED TWENTY-FIVE TO FIFTY-FOUR. HERE'S WHAT THEY FOUND:

- 70 percent of the women surveyed had been on a diet at some point in their lives, and more than one quarter were habitual dieters.
- 36 percent said their job or daily routine causes them to eat in a less than healthy manner; 29 percent said it also causes them to overeat.
- 81 percent are more concerned with health now than they were five years ago; 56 percent think every day about improving their health.
- Despite the widespread belief that young professional women are responsible for the exercise boom, older women and housewives report the highest levels of exercise. Professional women under thirty-five exercise the least.
- All women, whether they consider themselves overweight or not, think their waists and hips are the least attractive parts of their body.
- Only 35 percent of women twenty-five to twenty-nine eat breakfast every day, while 68 percent of women fifty to fifty-four do.
- 79 percent cited stress as the main reason they overeat. Also responsible: frustration, anxiety and depression.

By Barbara Sternberg, Ph.D.

Do you feel guilty if you indulge in chocolate chip cookies or pecan pie? Do you sometimes skip breakfast or lunch because of an overloaded schedule? Do you often eat to relieve feelings of stress or frustration? Do you feel inadequate when you weigh more than you'd like to?

If you answered yes to any of these questions, you may be headed for problems when you try to diet. The new Weight Watchers survey yielded a wealth of information about why so many women are unable to stick to their diets or stay trim once they've reached their desired weight. In fact, the survey results may surprise you, for they contradict some long-held beliefs about losing weight and keeping it off. For instance:

- A positive self-image is crucial to losing weight. Most people assume that if an overweight person is truly disgusted with the way she looks, then she will be sufficiently motivated to stick to a diet. In fact, just the opposite is often true! Unless a woman likes herself and perceives herself as *deserving* of losing weight, she is unlikely to succeed at it. "What's the use," the unhappy dieter says to herself, "I'm a mess anyway. I might as well give up."
- Second, though she is well informed about the kinds of eating and exercise habits that promote lifelong health and fitness, the American woman has some difficulty applying this knowledge to her everyday life, particularly in the area of weight control.
- Third, there are substantial differences in the way thin women and overweight women think and behave—differences that have a dramatic effect on diet success. By closely studying these variables, would-be dieters can learn to avoid pitfalls and lose weight successfully.

THE KEY: SELF-IMAGE

Not long ago, a woman in her early thirties came into my office, pounded her thighs until they jiggled, and complained ruefully, "See? They're disgusting!" Though this woman had dieted until she reached her desired weight and her thighs were no jigglier than anyone else's, I couldn't persuade her to accept herself as the attractive young woman she *(continued)*

ght Watchers Int'l., 1988, owners of the Weight Watchers trademark.





thinner. In TV commercials, fashion magazines, socia uations and the workplace, the message is clear: Th in; anything else is unacceptable.

Nevertheless, while feeling good about yourself is portant no matter how much you weigh, it's absolu crucial for diet dropouts. What, then, can you do to bo sagging self-image when so much in our society make overweight woman feel bad?

First, remind yourself—constantly—that not e woman can or should be fashion-model slim. Meanwh work on creating a positive self-image that is not tie your body size. One exercise that has worked for m overweight women is to stand in front of the mirror tw day, preferably with clothes off. Look at your reflection ask yourself, "What one thing do I like about my body

If you can't find *anything* that pleases you, then th about the way your body functions. Has it given yo child of whom you are proud? Has it given you m basically healthy years? Have your legs carried you wh you want to go? Focus on these thoughts and remem that an improved self-image will be even more impor once you reach your goal weight. Many formerly o weight people cannot shake their "fat" mentality, wh makes it difficult for them to live successfully as people. Unless your body and your self-image are in s you won't have the confidence you need to maintain y slim new physique. However, if you work on improv your self-image at the same time you're shedding ex pounds, you'll be ready to live a trim new life.

Food and emotions

Closely tied to the role of self-image is the part emoti play in overeating. Though almost all the women surve cited stress as the most likely cause of their overea

HOW TO END DIET FAILURE

continued

was. Eventually, she was unable to keep her weight down.

People very often believe they will lose weight if they constantly berate themselves for being overweight. In truth, feeling bad about themselves is probably the single most important reason that fat people stay fat.

The survey clearly shows that the most striking difference between thin women and overweight women is not their measurements but their perception of themselves. The larger woman is a much harsher judge of herself than is her thinner counterpart. Prone to exaggerate any defect, an overweight woman will describe her hips as "enormous," her thighs as "gross," her stomach as "repulsive," though her appearance may be quite acceptable.

Also, while thin women are apt to point to their legs as their most attractive feature, overweight women mention their faces. Apparently, they have internalized society's message "You have such a pretty face"—along with the unspoken sequel "Too bad about the rest of you!"

The survey also revealed that no matter how much success a woman has with other aspects of her life—her marriage, her children, her job—her self-esteem remains tied to her body image. Sixty percent report that when their weight goes up, their self-assurance plummets. Overweight women feel self-conscious and judged wherever they go—whether they are interviewing for a job, shopping for clothes, dining out with friends or making love.

Obviously, what accounts for this negative self-image is the value our culture places on thinness. Watching the pencil-thin role models that parade daily across her television screen, even a woman whose weight is normal will be hard-pressed to resist the yearning to be just a little bit





t came frustration, depression and anxiety), for nic dieters, the emotions play a particularly pro- nced role. Deprived of eating, their habitual outlet for ssful feelings, chronic dieters are more vulnerable to d changes than are other women. That's why learning andle stress and other negative feelings without turn- to food is the diet dropout's biggest challenge.

ow can you do that? When dieting, schedule short ıks throughout the day to recharge your mental and tional batteries. Put your feet up, leaf through a mag- e or close your eyes and relax. Take a walk around the k or phone a friend.

other emotions—such as depression, anxiety, anger or edom—cause you to overeat, remind yourself that eat- may make you feel better temporarily but it won't ce the problem disappear. Figure out what is causing to feel the way you do, then try to do something about f you're angry, assert yourself to the appropriate per- If you're bored, make a list of projects you've been ıning to accomplish and get started on one. Once 've learned to deal with the cause of your negative emo- ıs, you'll find yourself struggling with them less often.

lowever, while certain emotions lead women to overeat, reating in turn produces still other emotional reac- ıs. Once again, it appears, overweight women handle se reactions differently from thin women.

or instance, 42 percent of the women surveyed report ing guilty when they eat certain foods—sweets are the gest culprits for all those women. Overweight women and quent dieters, however, experience guilt feelings more en and for longer periods of time than do nondieters.

What does this tell us? That contrary to what many ieve, guilt is not conducive to diet success. In fact, those o report the strongest guilt feelings are least successful at controlling their weight, since they often fall prey to a vicious circle in which their guilt about a certain behavior simply serves to beget more of that behavior.

Let's say you suffer a momentary lapse in your diet. Immediately, you send yourself negative messages: "I'm a failure. I have no willpower." In a way, you're giving yourself permission to give up—after all, why keep on trying if you're convinced you can't succeed?

At this point, feelings of guilt take over, undermining your confidence even further. Finally, to ease the pain of all those negative feelings, you plunge once again into the chocolate cake.

Working to reduce guilt, then, can break this destructive cycle. One way to achieve this: Don't think in terms of good and bad foods, but rather in terms of a spectrum of choices, some wiser than others. There is room for all kinds of food in a healthy diet, and an occasional lapse is not important in the overall picture. Of course, some people may make the best choices all the time, but that's not necessary. What is: making wise choices most of the time as you progress steadily toward your goal.

Eating: when and where

Overweight and thin women also show striking differences in how and where they eat. Though more than half the women in the study admitted they skip one or more breakfasts a week, and one third regularly miss lunch, overweight women were much more likely to skip both.

Yet the survey shows that skipping meals is a major enemy of overweight women and chronic dieters. They skip breakfast, but the Danish and sugar-laced coffee they ravenously consume at midmorning contains more calories than a well-balanced meal. If they then skip lunch, they are headed for *(continued on page 164)*





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DOLLY PARTON

"How I came close to suicide"

Health problems and death threats drove her to despair. This month, she launches a comeback. By Cliff Jahr



Herb Ritts/Visages

"Turning forty this past January," says Dolly Parton brightly, "gave me a whole new lease on life. It was like a switch clicked on. Suddenly I felt younger than at twenty-five, when I was working so hard and fighting to get ahead. I've always known what I wanted, but now I know what to do with it."

Until very recently, though, the country-music superstar was conspicuously absent from recording studios and concert halls. For three years, she put her career on hold as she struggled to get her private life in order. It was a time of ups and downs—mostly downs. During one tough period, she even considered suicide.

"I've been through just about everything—tragedy, heartache, disappointment," she says. "But now I'm smarter about things, about family and friends and business, and I don't think there's anything I can't do. I'm ready to *live*!"

This is her first sit-down interview in well over a year, and she seems as sunny and fun loving as ever. Yet there's a hint of greater self-assurance in Dolly's voice. She talks confidently about the Las Vegas shows, the scheduled release of a new album this fall, and the filming of another movie with her *9 to 5* co-stars, Jane Fonda and Lily Tomlin. In May, she opened Dollywood, her own theme park, in Tennessee.

"Oh, I've got *lots* of things on the burner—you'll be surprised," she says, tugging at her upswept yellow wig. "I've kept a low profile lately, and that's on purpose, because when I come back I want to come back strong. I told myself I'd make my return when I was forty, because at this age you can't sit on the fence any longer. Who knows how much time you've got?"

She is lunching today at a Los Angeles restaurant she adores for its famous green-corn tamales. Daintily, she dips a tamale in hot sauce, being careful not to spill any down the deep neckline of her black angora sweater. She recently lost twenty pounds without sacrificing her famous curves, and as a bonus, Dolly's lovely high cheekbones, one of her best features, have reappeared. It's nice to see her smiling again after so many years of heartache.

Dolly's troubled period began back in 1982. At the time, she was at the height of her career, following the *(continued on page 66)*



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DOLLY PARTON

continued from page 62

worldwide success of her first movie, *9 to 5,* and then *The Best Little Whorehouse in Texas,* which is the third-biggest movie musical in box-office history. Then, one September night, during a performance in Indianapolis, she was suddenly stricken by internal abdominal bleeding. Gynecological surgery was successful and stopped short of a hysterectomy, but it left Dolly weak for months.

When she returned to work, telephoned death threats from a man in Kentucky forced her to cancel her tour. "I still don't know whether he was a killer or just a crank," she remarks. "But, of course, you always have to be prepared for that kind of stuff."

To compound matters, she was still trying to get over the unpleasant experience she had shooting *Whorehouse.* There had been endless production delays, fights and firings, as well as struggles with temperamental Burt Reynolds. His black moods, which swung between sulks and tantrums, sometimes brought Dolly to tears. "Making that picture was a nightmare," she confides.

She was also feeling downhearted because of snarled relations with some of her relatives. "It's very hard to be the family of a celebrity," she notes gently.

At the same time, she faced the disloyalty of "a special friend, an affair of the heart, which just about killed me. Oh, I cried an ocean. But I ain't gonna talk about it anymore," she says playfully. "I've got to keep *some* mystery."

Whether a romance or not, the friendship did not threaten her seemingly open marriage to Carl Dean, a union that has flourished for twenty years. "There's no way Carl and I are ever going to break up," she insists. "We have a happy marriage, a great marriage." Has she ever been tempted by other men? "Of course I've been tempted," she says with a laugh. "I'm married—I'm not dead."

Going downhill

As her problems worsened, Dolly began to fall apart. Binge eating made her overweight. Hoarseness and fragile health led her to cancel concerts, which resulted in lawsuits and more unhappiness. Finally, she became so depressed, she dropped from sight. For the next two years, Dolly accepted only a few carefully chosen projects, such as a Christmas TV special and the hit single "Islands in the Stream," both with Kenny Rogers, and one solo album, *Real Love.*

How blue did she get? "It was bad," she replies. "It was devastating to be that depressed state of mind. For abo six months there I woke up every mor ing feeling dead."

Did she ever think of suicide? Dol looks off into the distance. "I got clo once," she says softly. "I was sitting u stairs in my bedroom one afterno when I noticed in the nightstand dra er my gun that I keep for burglars. looked at it a long time, wondering a saying to myself, 'Well now, this where people get the idea of suicid isn't it? Guns around the house a people sorrowing and all.' Then, just I picked it up, just to hold it and look it for a moment, our little dog, Popey came running up the stairs. The ta tap-tap of his paws jolted me back reality. I suddenly froze. I put the g down. Then I prayed. I kinda belie Popeye was a spiritual messenger fro God, y'know?

"I don't think I'd have done it, kill myself," she explains, "but I can't s for sure. I always thought I was abs lutely not the suicidal type because I' too well anchored with roots and fami and friends. But now that I've go through that terrible moment, I c certainly understand the possibiliti even for someone solid like me if t pain gets bad enough.

"After that, my life changed in a po



way," she says, brightening. "I have ater wisdom now, more tolerance and ience for people who are struggling h liquor or drugs or suicide or being prison. That frightening moment h the gun was very, very humbling. nd of think it was God's way to bring to my knees long enough to pray."

he experience also made Dolly more reciative of her close friendship h Judy Ogle, her aide and companfrom since high school days. "Y'know, often hear that stars who died sadlike Elvis and Marilyn Monroe, had kinds of people around them, but never hear that they had a best end, someone who really knew them loved them. Well, I have Judy. I can k to her about anything, especially our long trips in the camper. She ows about me, and anything's okay h her. I think friends can literally e your life."

During much of the tumultuous pe-d, Dolly retreated to the love of her family in Tennessee, lying low with rl at Willow Lake, their eighty-acre ate outside Nashville. When she was the West Coast, she'd often hop into amper with Judy or by herself, wear-g no wig or makeup, and drive southst from Los Angeles to her hideaway Hemet, California, an old cottage th a swimming pool, hot tub and total privacy. For weeks on end, she swam, soaked, strummed a guitar, wrote songs and read everything from self-help to poetry.

All that glitters

As 1984 approached, Dolly felt restored enough to take on her third movie, *Rhinestone*, a romantic comedy filled with country songs she wrote herself. Everyone expected Dolly and leading man Sylvester Stallone to make a dream duo, but the result was a standoff between curves and muscles. At the box office, *Rhinestone* didn't sparkle.

"Which *devastated* Stallone," recalls Dolly. "Sly probably thinks I nearly wrecked his career with that movie, but to me, I was the one taking the chance. I've done two musicals with men who can't sing—Sly and Burt Reynolds—and here I am a singer. Both were bad casting, of course, but I have only myself to blame."

Though she was less than impressed with her co-star's singing voice, Dolly found Stallone to be intelligent and humorous. "He was so funny that he'd make me laugh until I'd lose my breath and beg him to stop," she recalls. "He's really fun to work with—he's nuts, sick, crazy, a scream! He's pretty to look at, too, and I know that when Sasha, his last wife, was getting her divorce, she said we were having an affair. Not true at all. Sly and I are just not each other's type.

"Both he and Burt are egomaniacs," she continues, "but Sly is the perfect balance of total ego and total insecurity. I see how his mind works. If you were in love with him, he'd pick out all your weaknesses and either use them to help you or use them against you. I told him right up front, 'Sly, please, please, *please* don't get on me like you do other people. I know what I am, who I am, and I happen to be happy with me.' So he never bothered me, but when he was in a bad mood I couldn't wait to see who he was going to fire or curse out next. I always told him he was spectacular but that he had a blind spot where compassion and spirituality ought to be. He was amused by me, I think, but he couldn't deal with me on a day-to-day basis because I'm too raw and honest."

Just as Dolly was beginning to gain back her old confidence, she was forced to confront another obstacle. A songwriting team claimed that she had used their music to create her Oscar-nominated title song for the movie *9 to 5*, and they sued for plagiarism. Last December's trial in Santa Monica, California, which put Dolly and Jane Fonda on the witness stand, *(continued)*

dragged on for twelve days and made unsavory headlines.

"So degrading," Dolly says with a wince. "One of the most painful things I've ever gone through. It damaged my reputation, I think, because there'll always be some people out there who think I would stoop so low as to steal from working people. Hell, I know how hard it is to get a break in this business. Besides, there were only five musical notes in question, and they have been used in a hundred songs."

Dolly picks up a taco chip and examines it for a moment. "Well"—she smiles, snapping it in two—"the jury was out for twenty minutes, and we won. The court awarded me attorney's fees, which is a lot of money. Then the couple who sued me tried to get a retrial, claiming I charmed the jury because I played songs on the witness stand. The retrial was denied, and then they actually started trying to get me to record some of their songs."

A birthday present

The trial ended shortly before Dolly turned forty. By the time her birthday rolled around, she was ready to take back control of her life. "Y'know what I did?" she drawls, smiling broadly. "I got up early that morning and went straight to a list of names I'd made. I wrote letters to four people, some family, some business, who I had let mess with my head. They're people who'd had the upper hand on me for years. When I saw them comin', I'd cringe. When they called, I wasn't in.

"The letters were very blunt. They said, I'm not going to put up with your B.S. anymore. You have no control over me and little control of yourself, so you should examine things very carefully. Then I made some phone calls, too. I decided to get all the grief and worries over irresponsible people out of my life. And it worked—it really cleared the air. I'm perfectly comfortable with those people now."

With her life straightened out, Dolly pressed on with plans for her comeback, timed to follow her new theme park's grand opening on May 3. Dollywood is a mini-Disneyland nestled on 140 acres in the Great Smoky Mountains. Its unique attraction is a rags-to-riches museum that displays Dolly's humble birthplace, the two-room tar-paper shack in which she spent her childhood with eleven brothers and sisters. Actually, it's an exact copy of the original house, which still stands nearby but was not moved to Dollywood, because it has sprouted a fancy price tag since her rise to fame.

Dolly is still devoted to her family, especially to her mother, Avie Lee Parton, a hardworking backwoods homemaker who was determined that her dozen children not grow up stigmatized by poverty. Explains Dolly, "Mama always said, 'We're rich people because we know we got love and we got each other.' But then again, there were hungry times when the crops were down, and that's when Mama made stone soup."

To make stone soup, Avie Lee sent her children outdoors to fetch the smoothest stone each could find. She then selected one to drop in the pot with whatever potatoes and onions she had.

"She made such a big to-do about picking the right one," relates Dolly with a laugh. "She'd say, 'Oh, I feel some *magic* in this one.' It was Mama's wonderful imagination that distracted us from the hunger. Maybe it didn't work on a few of my brothers and sisters, who still resented being poor, but for others, like me, it was the best thing that ever happened."

Dolly's parents don't have to worry about crop failures anymore. They now live in a hilltop mansion ("like a Hallmark Christmas card," she notes), but the family is as close as ever. "Daddy saw *9to5* so often"—she laughs—"that I think it was his way of getting to know which kid I was. He just lived in that drab theater, and it touches me to think of it. Y'see, he and Mama had so many kids that none of us got special attention. What's more, I was so busy working on my music that I had just about left home by the time I was ten.

> *"I'll be a great old lady—busy, smarter and lots of fun, full of life and still foolin' around a little."*

"Mama and Daddy don't cater to me any more than the other kids," she adds. "I'm still just their li'l Dolly. I'm so much like my mother, who always sees to it that she's the center of attention. Mama's attitude is, Why, of course Dolly's a star—she's just like me."

Home sweet homes

These days, Dolly softens childhood memories of the tar-paper shack by indulging her love of buying houses. [illegible] the list of places she keeps in Manha[illegible]tan, Nashville, California and Hawa[illegible] she is adding a big, glamorous "do[illegible] house" in Beverly Hills. Despite r[illegible]mors she would sell Willow Lake, she [illegible] actually spreading out in the Nashvil[illegible] area. She recently bought a weeke[illegible] house on a nearby lake, partly as a w[illegible] of accommodating Carl's passion f[illegible] privacy. "He doesn't like a lot of peop[illegible] around him," Dolly explains. "So I' limited in using that big, fine hous[illegible] But now when I want to have some pe[illegible] ple over for a cookout or a swimmi[illegible] party, Carl can take Popeye and [illegible] down to the lake house. Or vice vers[illegible] We're doing it up just like an old s[illegible] shanty, and it's on water that connec[illegible] all the way to New Orleans. It's so pr[illegible] vate that you could run around nak[illegible] —and we probably will."

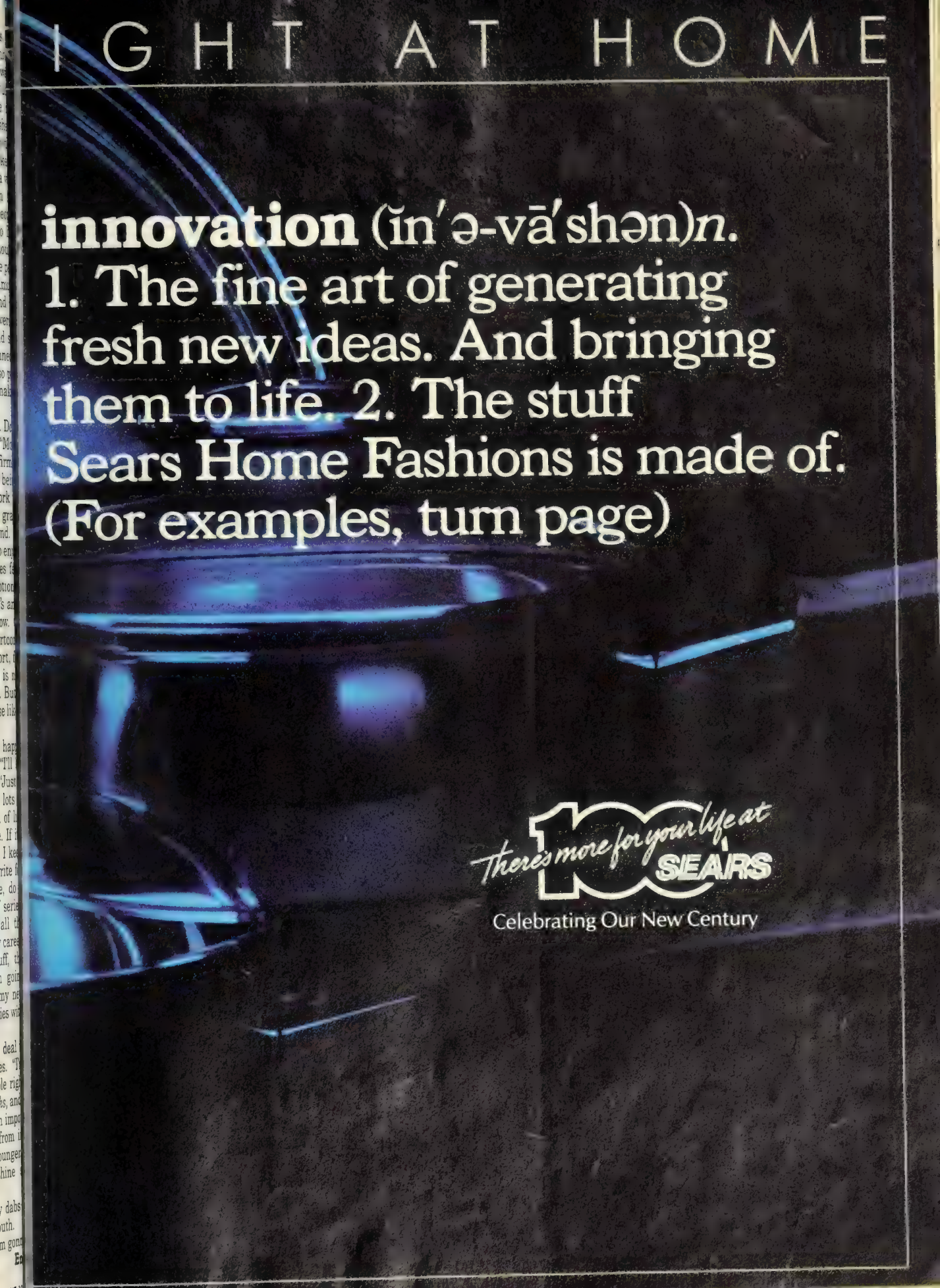
Dolly's blue eyes shine merrily. Do[illegible] she consider herself happy now? "Mo[illegible] than I've ever been," she says firm[illegible] "But I think you have to work at bei[illegible] happy, just like you have to work [illegible] being miserable. I'm going to gra[illegible] every happy moment I can find. [illegible] would be a great sin for me not to enj[illegible] my success. Oh, I still sometimes fe[illegible] pain and sadness, and I get emotion[illegible] and cry, but I don't think there's an[illegible] thing missing from my life now. [illegible] course, I do have my little shortcom[illegible] ings. I know I will always be short, f[illegible] instance, and that's okay. What is n[illegible] okay is when I'm short and *fat*. But[illegible] like me. I just hope everybody else lik[illegible] me as much as I do."

Does she think she'll still be hap[illegible] with herself when she's sixty? "I'll [illegible] a great old lady," she affirms. "Just[illegible] little older than I am now, but lots [illegible] fun and busy and smarter, full of li[illegible] and still foolin' around a little. If i[illegible] God's will that I'm healthy and I ke[illegible] my mind, I can always sing, write [illegible] other people, manage, produce, do[illegible] talk show, a variety show, a TV serie[illegible] I get these incredible offers all t[illegible] time, but during this part of my care[illegible] I'm going for the bigger stuff, t[illegible] movies, Dollywood, books I'm goi[illegible] to write, and helping to run my n[illegible] film and TV production companies wi[illegible] my manager.

"I don't know what the big deal [illegible] about old age," she continues. "I[illegible] writing a book about old people rig[illegible] now called *Old Dogs, New Tricks,* an[illegible] think people give age too much imp[illegible] tance. Old people who shine from i[illegible] side look ten to twenty years younge[illegible] swear that some of them shine [illegible] bright that they're still sexy."

She sits back and delicately dabs[illegible] napkin at the corner of her mouth.

"Of course," she drawls, "I'm gon[illegible] be one of 'em." E[illegible]


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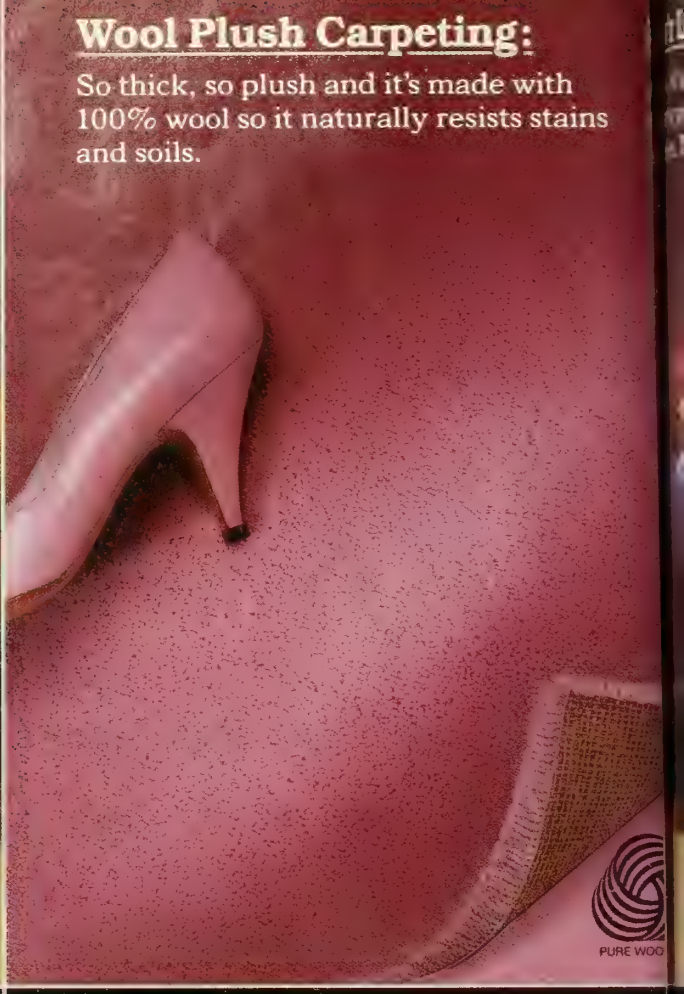
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HELP! MY PURSE HAS BEEN STOLEN!

What to do when a purse snatcher strikes, plus how to keep your bag secure. By Katy Koontz

year, more than five hundred and people get their purses stolen eir pockets picked. Most of these s take place during the day, on reet. To find out what you should your bag or wallet is taken, we to Detective Kenneth Kleinlein e New York City Police Special ds and Pickpocket Squad.

Q What's the first thing you should do if your bag is stolen?

A Immediately report the crime to the police—either by calling your area's emergency numr by flagging down a police officer ıe street. Give a description of the if you can. Even though the ces are small that the thief will be ht (25 to 35 percent), it's necessary port the crime in order to claim the as an income-tax deduction. (The must be greater than 10 percent of Adjusted Gross Income [AGI] in r to be deductible. The difference 'een the amount lost and the 10 ent of your AGI is what you can ract from your taxable income—us a $100 deductible.) And if you rt the crime right away, the police often find your pocketbook—with-he valuables—in a nearby trash can.

Q What should you do after you call the police?

A Call your credit-card companies to report the cards you lost, and notify your bank if r automatic teller machine card or r checks are gone. If you live in an rtment, tell your building superinlent about the theft and ask him to n the lookout for anyone suspicious ınd the building. If your keys are sing, have a locksmith change your se locks that same day, as well as r car door and ignition locks. (Just car door lock isn't enough—a thief get into your car in ten to fifteen onds with simple tools.) Notify the partment of Motor Vehicles about your driver's license and the Social Security office about your Social Security card, so a thief won't be able to use them to open a bank account in your name. If your company or building identification card is gone, report it to your company and building security immediately. Also, notify your insurance company if your insurance cards have been stolen.

Q How much are you liable for if the thief uses your credit cards?

A Check the contract you signed when you received each card. The maximum you will ever have to pay is $50 per card. This includes telephone, department store and gas company charge cards as well. With a debit card (the amount you have charged is automatically taken from your bank account), you're liable for $50 if the loss is reported within two business days, $500 if you report it between three and sixty days and possibly the entire balance of your bank account if you wait more than sixty days.

If you must carry several cards at once, consider signing up with a credit-card registry service. That way, you have to make only one phone call to report every card that was stolen. You can register all your debit and credit cards for a fee of six to fifteen dollars per year. But make sure the service you choose is reputable.

Q Is there anything else a thief might try once he knows your name and address?

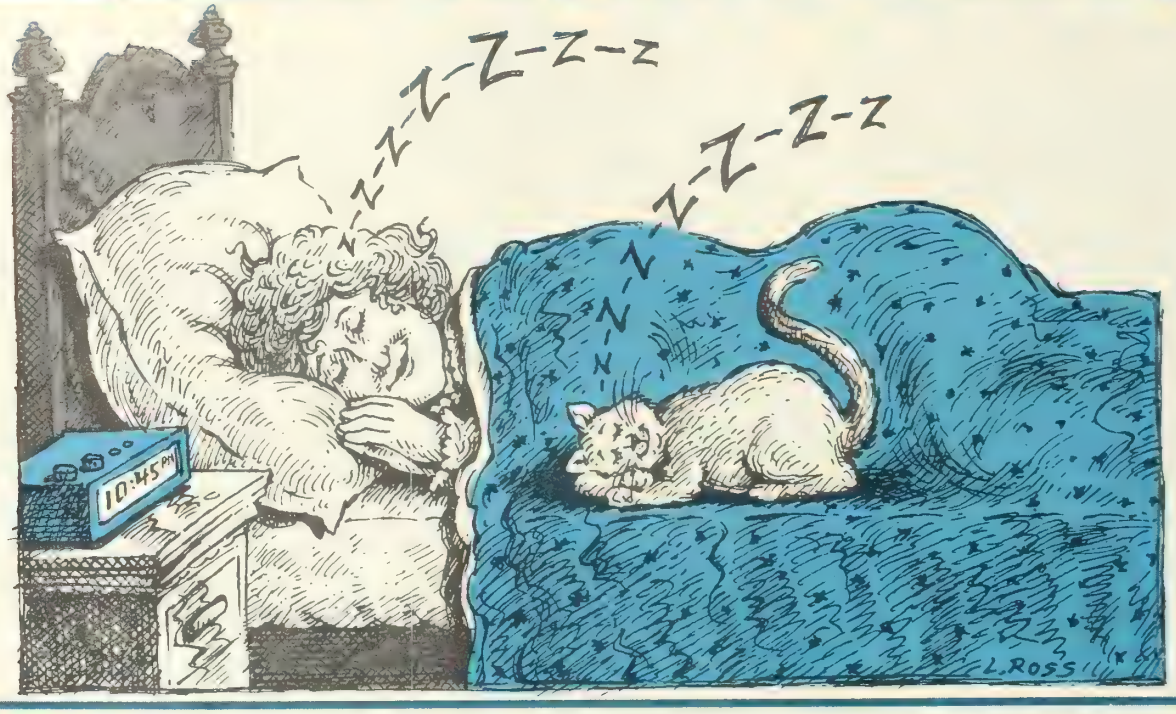
A Be alert for telephone scams. A common ruse is for the thief to call you later at home and say, "This is Officer Smith. Did you lose a purse at such-and-such a location today?" When you say you did, he'll tell you that they need you to come over to identify your property. The thief usually makes this call from a nearby pay phone, and as soon as he sees you leave, he'll rob your house. If you do get such a call, ask for the officer's full name. After you hang up, call the police station and ask for the officer you spoke with to confirm the call. If there is no such officer and the call was a scam, the police will probably tell you to leave the house, and they'll send officers to arrest the thief as he's trying to break in.

FACTS TO FILE

Tips to keep your purse and carry-along valuables secure.

- **Don't carry all your credit cards at once. Instead, bring only those you need for the day, and keep them in a case separate from your wallet.**
- **Keep keys in an inside coat pocket rather than in your purse.**
- **Stay alert for anyone who may be watching you when you're paying for items, especially if you're using a credit card or carrying a large amount of cash. This is how many thieves choose their victims.**
- **The safest way to carry your purse is like a book—close to your body, holding it with both hands. If this is too awkward or too inconvenient, carry your bag with the opening toward your body and keep a firm grasp on it. However, if a thief rips the bag out of your hands, don't resist. Try to get a good look at him so that you can give the police a description and identify him later if he's caught.**
- **Carry a bag that closes with a clasp, a flap and a zipper.**
- **Keep a photocopy of the entire contents of your wallet so that if it is stolen, you'll know exactly what's missing.**

Rx for a good night's sleep



If you're one of the millions who suffer from insomnia, this story will help put you to sleep

BY DR. ISADORE ROSENFELD

A sleeping problem—real, imagined or exaggerated—may affect as many as fifty million Americans and is the number-three–ranking reason for visits to the doctor, after the common cold and headaches. Who is most apt to experience insomnia? Women, older people and anyone with a psychological or emotional difficulty.

Strictly speaking, the term *insomnia* means a complete lack of sleep. Nobody suffers from that. The condition most people are describing when they tell you "I don't sleep" is a relative inability to do so, and that can mean any one of several patterns that form the constellation of insomnia. The most common complaint is trouble falling asleep; once sleep is achieved, it's maintained for the duration of the night. Another kind of insomniac may doze off easily but wake up a couple of hours later and spend the rest of the night tossing and turning, sleeping only for short intervals. And still others tell me that they get to sleep without any problem and stay asleep but wake up too early.



We used to think that trouble sleeping at night was almost always caused by too much stimulation before bedtime—physical or mental. We know now that's only part of the story. At least one third of sleeping problems are psychological in origin, and in these cases patients have difficulty sleeping regardless of what they do before bed. Their insomnia may be symptomatic of depression or any one of a variety of psychiatric disorders. The ability to fall asleep becomes an obsession. Many very tired people remain awake trying too hard to fall asleep. The bedroom itself becomes the symbol not of sleep but lack of sleep—the stimulus for a conditioned response. It's very much like what happened to Pavlov's dogs, whose keepers rang a bell at every feeding. After a while, when the *(continued)*

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A GOOD NIGHT'S SLEEP

continued

food was withheld but the gong was struck, the dogs started salivating in expectation of receiving their food. So the bedroom itself becomes the gong.

Of course, not all insomnia has a psychological cause. Many cases are triggered by drugs prescribed for the treatment of some chronic condition. A prime example is thyroid medication; too much of it will keep you awake for hours. Other drugs that interfere with sleep include most appetite suppressants, tricyclic antidepressants, medications containing phenylpropanolamine (PPA) to relieve nasal decongestion and other cold symptoms, or diuretics that cause you to empty your bladder frequently. I even know some patients who have trouble sleeping because of the high-potency vitamins they take. So if you are on any long-term medication and have become a chronic insomniac, check with your doctor.

If the reason for your difficulty is not immediately apparent, bear in mind the possibility of stress. If you have worries, externalize them—that is, bring them out in the open and try to deal with them. Keeping things inside all day will end in their emergence at night when you should be sleeping.

Stay out of your bedroom at night until you're sleepy; do not get into bed and wait for sleep. On the other hand, when drowsiness sets in, don't ignore the feeling and start on some project. Learn to pay attention to your body.

Try to establish a regular sleep schedule. The most effective habit you can acquire to solve your sleeping problem is to get up at the same time every morning, every day of the week, regardless of when you went to bed. You should do it even if it means deliberately waking yourself just after finally having fallen asleep. As tired as you may be, get up and get going until you're ready to sleep the following night. Don't nap during the day; that will only perpetuate the cycle.

What about reading or watching TV at bedtime? You'd think from all the people you see sound asleep with a book beside them or the TV blaring that these would be ideal things to do. Surprisingly, they're probably not. A book or TV show that makes you laugh, interests you or stimulates you is not likely to be conducive to sleep. Also, never work in bed. Leave your briefcase and its contents in another room.

Though you shouldn't have a heavy meal before bedtime, certain foods can help you sleep. That's because they contain L-tryptophan—an amino acid that triggers a chemical reaction that c lead to sleep. Milk is rich in this su stance, which explains how a glass warm milk at bedtime became popu as a remedy for insomnia. Other fo with this amino acid are tuna, cotta cheese, soybeans, cashews, chick turkey and eggs. If you decide to hav snack rich in L-tryptophan, eat so high-carbohydrate food with it, drink a glass of orange juice. This co bination facilitates the transmission the tryptophan to the brain, where can help make you drowsy. One su way to get all the L-tryptophan y need is to buy it at a health food sto It comes packaged in 500-milligra capsules or tablets; you'll need a where between four and six tablets bedtime to do the trick. But if you ha cataracts, taking L-tryptophan m not be advisable.

What about alcohol? A four-our glass of wine or two ounces of brandy bedtime can help you get a good nigh sleep. More than that, however, usua has the reverse effect. It may get you sleep, but in a little while, a wit drawal sets in, waking you up. Nev take alcohol if you plan to take a slee ing pill. Also, it should go without sa ing that caffeine—in coffee, tea a cola drinks—can interfere with sleep

Exercise enthusiasts often use a bic cle or rowing machine just before ret ing. Don't. Get your exercise during t day or at least a couple of hours befo bedtime, and not when you're ready go to sleep.

Your physical comfort is importa to sound sleep. A room that's too co because of air-conditioning in the su mer or overheated and dry in the wi ter will cause nasal crusting and i somnia. Keep the bedroom temper ture between 64 and 66 degrees. Mak sure your bed is firm enough to suppo your shoulders and back, large enoug for stretching and changing positio comfortably and long enough so th your feet don't stick out uncovere Most bedding today is supported by i ner springs—steel-wire coils in vario counts, configurations and thickness Layers of upholstery provide insulatio and cushioning between the body an the coils. Bedding manufacturers d sign mattresses and foundations (bo springs) to work best when used t gether. Placing a new mattress on a old foundation will reduce the life an performance of that mattress *and* r duce the likelihood of your getting good night's sleep.

Whatever bed you choose, the mo important single consideration is com fort. Try out your mattress right the in the showroom, and don't eco omize on the quality of your beddin Also, a recent *(continued on page 18)*



THIS WAS THE MAN who created
the stylish, feminine, luxurious world
of fragrance as we know it today.

Inventive, innovative.
A romantic who indulged his love of luxury
by creating beautiful scents.

He was François Coty,
who in 1905 founded the House of Coty,
and set the standards in the fragrance world.
His sense of elegance to this day
has not been equaled.

Now...you are invited to share in the
renaissance of the François Coty Tradition.
With three individually magnificent
perfumes created for today that recapture
the romantic splendor of the past.

THE COTY LEGEND LIVES ON.

La Rose Jacqueminot... a playful indulgence.

François Coty launched the House of Coty in 1905 with La Rose Jacqueminot. It was created for the woman for whom romance was an art form. Today, you can be that woman when you wear La Rose Jacqueminot, a captivating, melange of rare roses and jasmine.

Chypre...evocative elegance for women of style.

In 1917, François Coty introduced Chypre. A new trend in fragrance. At once evocative and elegant with a mysterious aura that sparks sensuality, its creation is still a guarded secret. Choose Chypre because you are a woman of style.

Les Muses...reflect the many sides of you.

Another innovative creation by the House of Coty was Les Muses, a multi-faceted fragrance that appealed to a woman's inner self. Les Muses has a radical personality that changes dimension with your mood. Les Muses... let it reflect the many sides of you.

Win a trip to France and Château D'Artigny

You can win a 9-day trip for two to Paris and tour the magnificent château country, including 3 days at fabulous Château D'Artigny, built by François Coty in 1912, now a luxury hotel. **To win random drawing, first** correctly answer both questions below on François Coty and his fragrances. Entry form and rules are available at the Coty display at participating stores.*

The Coty fragrance created with a mysterious aura that sparks sensuality, is _____?

The first fragrance launched by the House of Coty was _____?

*Or write answers on a 3x5 card with name, address and tel. #. Mail to COTY, Box 720, Yonkers, NY 10703. **Drawing on** 9/1/86. For rules send self-addressed stamped envelope to RULES, Box 740, Yonkers, NY 10703. (WA state residents need not include stamp on return envelope.)



INTRODUCING TH

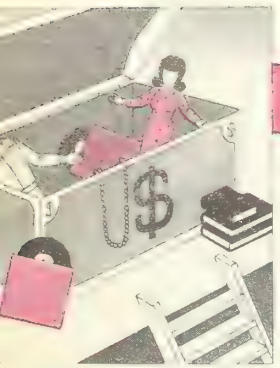


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MONEY NEWS

Up-to-the-minute advice to help you manage your money
By Katherine Barrett and Richard Greene



ATTIC TREASURES

Did you ever wonder what valuables might be hidden in your closets, garage or attic? Alan Crittenden, author of *Hidden Treasures* (Union Square Books, 1985), lists the five most common finds that can be worth a great deal of money.

1. Old dolls. European porcelain dolls from the late nineteenth century to the 1930s can fall in the $5,000 to $10,000 range, says Crittenden. Good-condition Barbie dolls from the late fifties are worth $500, "but if you have accessories, you can get to the $5,000 range very fast."

2. Baseball cards. These can be surprisingly valuable. Crittenden's son, for example, has a complete three-year set from the mid-seventies that's worth $10,000. But cards should not be damaged. (A creased Pete Rose card dropped from $100 to $20.)

3. Comic books. "Collections worth three or four thousand dollars are not uncommon," Crittenden says. Comics in perfect condition from the forties and fifties are especially good finds, as are those from the sixties and seventies that are drawn by certain artists. (Special catalogs, found at your library, identify the hot ones.)

4. First-edition books. Not all old books are valuable, but first editions of authors who became famous—F. Scott Fitzgerald, William Faulkner, Ernest Hemingway—are good bets. "What's not valuable," says Crittenden, "is the old family Bible—because every family saved it."

5. Old records. Look for rarely played first-edition records of the big three—the Beatles, Elvis Presley and Frank Sinatra. (A complete collection of mint-condition Beatles, for instance, can be worth $10,000.) Forget about old 78s —they're generally worthless.

HELPLINE!

I keep seeing ads from compa nies that promise to erase b credit records and solve cre problems. Are they legitimate?

"They're a total rip-off," sa Luther R. Gatling, the pre dent of Budget & Cred Counseling Services, in Ne York City. These companie which have already been throw out of California, charge ou rageous fees ranging from $60 to $2,000 and promise to cle your credit record—a virtual i possibility, according to Gatlin

Before you go anywhere f credit counseling, be sure check the record of the organiz tion with your state banking d partment, attorney general a local Better Business Bureau.

WHAT'S NEW?

The Better Business Bureau and the National Association of the Remodeling Industry have begun a new program, Remodelcare, to help resolve home-improvement complaints. Check with your Better Business Bureau to see whether it's available near you. ● *FTC Best-Sellers,* an annual list of seventy-nine free fact sheets on everything from energy to shopping at home, is available from the Federal Trade Commission, Room B-3, Sixth and Pennsylvania Avenue NW, Washington, DC 20580. ● *Fly Rights,* a new booklet from the Department of Transportation, tells what to do if you're bumped from a flight, lose your baggage or run into other airline problems. Send $1 to S. Woods, Dept. 165P, Consumer Information Center, Pueblo, CO 81009.

Shirley Kaneda

PET PRICES

While the choice of a pet isn't generally based on financial considerations, the fact is th expenses vary tremendously among different kinds of animals. Here, the average total lifeti cost of six common pets, taking into account purchase price, food bills and veterin expenses. Remember that these figures can change from region to region and that miscel neous acquisitions (a cashmere sweater for your puppy) can add quite a bit to the bill.

PET	RIDING HORSE	GOLDEN RETRIEVER	YORKSHIRE TERRIER	CAT[2]	EIGHT GUPPIES[3]	SMALL PARRO
LIFE EXPECTANCY	20 YEARS	11 YEARS	13 YEARS	16 YEARS	18 MONTHS[4]	15–25 YEARS
TOTAL LIFETIME COST	$49,500[1]	$10,900	$5,400	$7,800	$40	$1,50

[1] ...ing boarding costs [2] Domestic shorthair [3] In a 10-gal. aquarium [4] Guppies reproduce constan



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Automotive wisdom once held that in order to be *really* luxurious, a car had to be *really* big. Today, Buick believes differently. Witness the Skylark. A car with all the glory and grandeur of its predecessors, but engineered to propel you rather smartly down the highway of life. A car that, in the grandest tradition of Buick, offers rich, comfortable interiors, the convenience of four doors and the accomplishment of sensitive performance, in a very sensible size. So whether you're picking up mother. Dropping off the kids. Or driving across town to shop, Buick offers a neat little alternative. Skylark. A little sedan, and a lot of Buick.

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1-800-86-BUICK (1-800-862-8425).

Wouldn't you really rather have a Buick?

GM

Buick Skylark

COOKING FOR TODAY

Now is the time for fresh summer vegetables and greens dressed with something extra special



Glen Wans

Our food editors were very impressed with *Beyond Parsley*, a cookbook published by the Junior League of Kansas City. Here are some of their sensational salads, like the English Country Salad shown above, that are perfect for a light lunch, a side dish or first course.

ENGLISH COUNTRY SALAD

- 2 unpeeled winesap or Granny Smith apples
- ½ pound Belgian endive
- 1 bunch watercress or mustard cress
- ¼ pound black walnuts or English walnuts
- ¼ pound Stilton cheese, crumbled

Vinaigrette

- 2 tablespoons orange liqueur
- 1 tablespoon white wine vinegar
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- ¼ cup virgin olive oil
- ¼ cup salad oil
- 1 teaspoon lemon juice

Slice 1 apple crosswise into 4 round slices ¼ inch thick to reveal star pattern of core. Arrange endive leaves in a spoke pattern on each of 4 chilled salad plates. Place 1 apple slice in center of each plate. Dice remaining apple. Make a circle of watercress around each apple slice. Sprinkle on nuts, cheese and diced apple. Drizzle with vinaigrette. Makes 4 servings, about 660 calories each with dressing.

Vinaigrette: In small bowl combine all ingredients and mix well.

FETA CHEESE SALAD

Feta Cheese Dressing

- 1 ounce feta cheese, crumbled
- ½ cup mayonnaise
- ½ cup sour cream
- 1 teaspoon lemon juice
- ½ teaspoon minced garlic
- Freshly ground pepper to taste
- 1 tablespoon grated Parmesan cheese

- ¾ pound spinach
- 1 medium cucumber, sliced thin
- ½ cup sliced radishes
- 3 hard-cooked eggs, sliced
- ¼ cup sliced green onions
- ⅓ cup currants
- ⅓ cup pine nuts (pignoli), toasted
- 1 ounce feta cheese, crumbled

Feta Cheese Dressing: In bowl combine all ingredients and blend well. Arrange spinach in bottom of shal dish. Top with cucumber, radishes eggs. Spoon on dressing. Cover refrigerate overnight. Before serv sprinkle with green onions, curra pine nuts and cheese. Makes 6 s ings, 365 calories each with dressin

MISSOURI SPRING SALA WITH WALNUTS

- 1 bunch red leaf lettuce
- 1 bunch watercress
- ½ pound arugula leaves
- 1 cup walnut halves

Dressing

- ¼ cup walnut oil
- ½ cup virgin olive oil
- ⅓ cup red wine vinegar
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon pepper

In salad bowl combine greens. Sprin with walnuts. Cover and refrigerate to 3 hours. Pour on dressing and to Makes 8 servings, 285 calories e with dressing.

Dressing: In mixer bowl beat all ing dients until thick. Let stand at ro temperature. Beat again before tossi with salad.

PEA POD SALAD

- ¾ to 1 pound snow pea pods, cooked until tender-crisp and chilled
- 1 cup cherry tomatoes, halved
- 1 can (5 oz.) water chestnuts, drained and sliced
- 1 bunch green onions, chopped

Dressing

- ⅓ cup salad oil
- 1 tablespoon lemon juice
- 1 tablespoon white wine vinegar
- ½ teaspoon salt
- ½ teaspoon sugar
- 1 teaspoon minced garlic

In salad bowl combine pea pods, tom toes, water chestnuts and green onion Toss with dressing just before servin Makes 6 to 8 servings, 205 calories each p 6, 155 calories each per 8, with dressin

Dressing: In small bowl combine all i gredients and mix well.

LCUTTA SALAD

ng

cup salad oil
cup vinegar
cup plain or
pineapple yogurt
teaspoon salt
tablespoon Dijon mustard
tablespoon chopped chutney
teaspoon curry powder
tart apple, grated

und fresh spinach
ad romaine lettuce
nch green onions, chopped
p cashew pieces

sing: In small bowl combine ingredients; mix well. salad bowl combine spinach, romaine and green ns. Toss with dressing. Add nuts and toss again lightly. es 8 servings, 325 calories each with dressing.

HITE LAKE SALAD

ng

Generous ¾ cup sour cream
¼ cup mayonnaise
2 tablespoons fresh lemon juice
1 teaspoon Worcestershire sauce
1 beef bouillon cube,
dissolved in 4 teaspoons warm water
Salt to taste
½ to 4 teaspoons cracked pepper
Milk (optional)

ound romaine lettuce
ound fresh spinach
ound mushrooms, sliced
unces alfalfa sprouts
o 10 slices bacon,
cooked and crumbled
ound blue cheese, crumbled
ard-cooked eggs, sliced
o 8 cherry tomatoes, halved

Dressing: In bowl combine all ingredients except milk; whisk to blend. Thin with milk. Cover tightly and refrigerate at least 3 hours before serving. *(Can be made ahead. Refrigerate up to 10 days.)*

In large salad bowl combine romaine and spinach. Add mushrooms. Add dressing and toss well. Arrange alfalfa sprouts, bacon, blue cheese, egg slices and tomatoes on top in concentric circles or toss ether with dressing. Makes 6 to 8 servings, 460 calories h per 6, 345 calories each per 8, with dressing. **End**

order your copy of *Beyond Parsley*, serve $19.95 plus $2 stage and handling to Beyond Parsley, Dept. LHJ, Junior ague of Kansas City, MO, 4651 Roanoke Parkway, Kansas ty, MO 64112. Make checks payable to Beyond Parsley. Or call 16-531-4453 to order; MasterCard and Visa are accepted.



Introducing the lite dressing you'll want to eat more than once.

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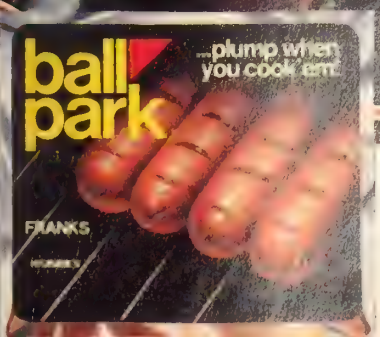
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J59



For fresh dressing ideas, no one tops Carnation.®

ZESTY MEDITERRANEAN DRESSING

Makes 1½ cups

½ cup undiluted CARNATION® Evaporated Milk
½ cup chili sauce
¼ cup salad oil
3 Tbsp. chopped onion
3 Tbsp. cider vinegar
4 tsp. prepared horseradish
1 tsp. sugar
½ tsp. salt
½ tsp. basil leaves

Place all ingredients in blender container. Cover; blend on high 20 seconds. Chill. Stir before serving.

See side panel for two more cool and creamy dressing recipes.

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Capture the Spirit of America's Indian Youth



Shown smaller than actual size of 8½" diameter

* 24K gold rim

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BRAVE & FREE

'he legends and customs of Ameri- Indians have long held a fascina- ı for us all. They are a proud people o have great respect for nature and animals, and who teach their chil- n these same values.

n this fine porcelain, limited- tion plate, famed artist Gregory Per- captures the kindred spirit between ung Blackfoot boy and a proud eagle. e exquisite detail in both subjects ngs this plate painting to life— picting the determination and ength these friends share.

'erillo is one of today's foremost ian-subject artists and has devoted life to the study, painting and dopting of these native Americans. s breathtakingly realistic originals ve earned sustained praise in the art rket, and several of his previous erings in the limited-edition plate ld have seen prompt sell-outs and ondary market appreciation.

Now The Hamilton Collection is vileged to offer "Brave and Free," the st issue in *The Pride of America's dians* Plate Collection—a series of ht plates, each depicting an Indian ld from a different well-known tribe, ng with an animal indigenous to at tribe's region. Already, "Brave and Free" has seen prompt demand from collectors.

As an original issue owner, you will have the right to acquire all the plates as they are issued, *but you will be under no obligation to purchase any further plates*. Furthermore, under The Hamilton Collection 100% Buy-Back Guarantee, you may return any plate within 30 days of receipt for a full refund, releasing your series rights.

Each *Pride of America's Indians* plate will be hand-numbered and accompanied by a same-numbered Certificate of Authenticity. Priced at an affordable $24.50, the edition is strictly limited to just a 10-day firing period.

But remember—the popularity of Perillo's art and the appeal of this superb plate has resulted in immediate demand for "Brave and Free." So to assure yourself a position within the limited edition, send in your application form by the date shown. Better yet, order today!

RESPOND BY: June 30, 1986

Limit: Two plates per collector

Please accept my application for "Brave and Free" by Western artist Gregory Perillo, the first issue in *The Pride of America's Indians* Plate Collection. 8½" diameter, 24K gold rim, hand-numbered. I understand I am under no obligation to buy any other plate. I wish to purchase _____ (1 or 2) "Brave and Free" plate(s) at $24.50 (plus $2.14 postage and handling) each, for a total of $_____.

($26.64* or $53.28*)

Please check one: 80572

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City _____

State _____ Zip _____

*FL residents add $1.34 per plate, and IL residents add $1.87 per plate for tax. *Please allow 6–8 weeks for delivery. All applications must be signed and are subject to acceptance. Deliveries made only to U.S. and its territories.*

The Hamilton Collection
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As children, we are taught to suppress our "bad" feelings—anger, resentment, annoyance—but learning to express them in a healthy way can improve your life



EMOTIONAL RESCUE

"But I *shouldn't* feel this way." Chances are good you've said this to yourself a number of times. Maybe you felt angry but weren't comfortable expressing or even admitting it. Perhaps you felt envious of a friend but were afraid that having such feelings made you a bad person. Maybe you felt anxious about an upcoming job interview but told yourself it's stupid to get so worked up—a grown woman should be more in control. Or maybe you felt a strong sexual attraction to someone considerably younger than you and were embarrassed by your "inappropriate" desires.

If any of these situations seems familiar, take heart: You're certainly not alone. For our book, *Women and Self-Esteem*, psychotherapist Linda Sanford, M.S.W., and I interviewed more than three hundred women and found that the vast majority had deep-seated beliefs about what they should and shouldn't feel. As a result, many women put a great deal of energy into censoring *(continued)*

By Mary Ellen Donovan

Dare to be More.



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

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their feelings and fighting them as well.

Some women are uncomfortable with *all* their feelings. They believe that emotions and any overt expression of them are unseemly, immature, undignified, embarrassing or a sign of weakness. They try to remain in control and never give in to their emotions.

Helen, for example, a thirty-seven-year-old career woman, takes pride in the way she never lets herself get carried away. In her opinion, feelings are a waste of time. Even when a friend died unexpectedly, Helen would not permit herself to break down. "After all, what good would crying do?" she said. "Tears are self-indulgent, and they never brought anyone back to life."

For other women, it's only certain feelings that are problematic. They have no trouble allowing themselves to feel and openly express emotions like grief, love or sympathy. But they believe that certain other emotions—anger, ambition, envy and pride—are wrong, stupid or vain.

Martha, a thirty-two-year-old mother of two, has a hard time accepting the way she reacts when her husband works late at the office. Ted's dedication to his job, which often keeps him away from home until midnight, makes Mart feel neglected, hurt and resentful. I Martha is ashamed of these feelin because, after all, she knows Ted rea is working, not having an affair, a she should be grateful to have such responsible provider for a husba Martha thinks her feelings mean s must be insecure and dependent—the liberated woman she likes to thi she is. So whenever Ted works la Martha shuts off her true feelings loneliness and anger and tells hers that it doesn't bother her at all.

Holding it in

Why do people behave this way? Fi of all, we live in a culture characteri by a strong bias against emotion. Ma rationality is the trait we learn admire and aspire to. Boys are tau that only certain feelings—anger self-esteem, for example—are acce able in men, and they become adept holding in their softer, so-called fe nine feelings at an early age. Yet m as much as women, pay a high price conforming to the cultural dict against freely showing one's feelin By the time they reach adultho many men are completely aliena from their feelings and either terrif or incapable of expressing them.

Women, too, start learning to repr a whole range of feelings when they children. Parents often have a h time countenancing certain feelings children, especially girls, so they try force the child not to feel them. Ma children, for example, are punished expressing anger. The punishm might be overt, as in the case of a ch who is slapped for throwing a tantr or sulking. Or the punishment can subtle, as when a parent withholds fection, approval or food from a ch until she stops crying and pouting a begins smiling the way grown-think good little girls should.

By the time many girls grow they've also been trained to be m more alert to the feelings of others th to their own feelings. A woman wit family is often so preoccupied with husband's and children's emotio needs that she never stops to ask, "H am *I* feeling? And what do *I* need?"

Moreover, many women who w outside the home are faced with creasing pressure to rein in feeling any kind. "The business world does encourage display of emotions, and have to suppress your feelings," serves Rosemary Poulos, Ph.D., a N York psychoanalyst. This not only r forces long-held beliefs about emoti being embarrassing and bad but causes many women to suffer a gr conflict. Women with a job and a fam says Poulos, "are faced with the co

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Lysol® Brand Disinfectant. It's a hospital type disinfectant, and that's the best kind you can buy. In the kitchen, the bathroom, the kid's room, Lysol Disinfectant kills household germs on surfaces as it cleans. So give your family the best. They deserve it.



world's demand not to have a feel- ife and the family's demand to be ng and nurturing."

is additional conflict makes it im- tive that a woman acknowledge complexity of her emotions—and right to feel them. After all, feel- are an important source of infor- on that can guide our actions. Fear, xample, alerts us to the possibility we're in a dangerous situation and us to be careful or flee. If we con- ntly feel angry and put upon, it's ably a sign that we need to place ts on what others can ask of us. But person censors her feelings, she 't be able to "hear" what they're ig to tell her.

'eelings are a natural and basic of everyone, and they're the source ll joy and positive energy," points Poulos. "We need our feelings—all iem—if we're to have the sense of leness that is absolutely crucial to th and happiness."

Pandora's box?

soring your emotions is really an 'cise in futility. Many people believe if they pretend they don't have a ain feeling, it will simply go away. , points out Beverly Hills psychia- : Carole Lieberman, M.D., "no feel- can be made to disappear. It can be pushed into the unconscious for a while, but eventually it will resurface." And when it does, it can wreak havoc on relationships. This, explains Lieberman, is because a buried feeling often comes out unexpectedly, and with a surprising amount of force.

Take the case of Pat, twenty-eight, who left her job to stay home with her infant. Although she made this choice willingly, she isn't entirely satisfied with her new situation, and she feels some hostility toward her husband for not helping out more at home. She also feels envious of him because for him parenthood doesn't involve the hard choices she's had to make. But Pat is uncomfortable with these feelings, and she doesn't respect them enough to take the time to figure out how to express them to her husband in a responsible, nonhurtful way. Instead, she simply ignores them and hopes that they will go away.

Eventually, however, Pat's resentment and envy come out in the open. Very likely, it's something relatively trivial—her husband arriving home late or saying something insensitive—that sets her off. Or it may be something seemingly unrelated—hearing about the promotion of a former colleague or seeing an ad glorifying the life of today's career woman. But whatever actually triggers her buried feelings, suddenly Pat finds herself overwhelmed by anger and envy. She explodes in a rage at her husband, says many things she later regrets, and afterward feels embarrassed for losing control. He, meanwhile, is hurt by Pat's rage, puzzled by it and so angry with her for exploding that he shuts himself off entirely and won't even try to understand what she's really upset about. If Pat hadn't felt compelled to hide her feelings and had permitted herself to tell her husband about them in the first place, a lot of pain and misunderstanding could have been avoided.

The gravest consequences

In addition to creating difficulties in your relationships, avoiding your feelings can also make you more vulnerable to depression—an immobilizing disease that unfortunately is epidemic among American women today. True depression is characterized by a waning of feeling, eventually leading to a complete numbing or deadening of the emotions. It often begins when a person practices denial ("I don't really feel this way"), censors her feelings ("I shouldn't feel this way") or tries to make them conform to preconceived notions ("It's a holiday—I should feel happy"). These are common *(continued on page 155)*



Taste a Sunny Place called Dole

With a little Dole® Pineapple, almost anything you make becomes more of a treat. And treats like dessert become a lot more refreshing. Dole Pineapple makes it easy—as easy as our cool-tasting pie.

Mellow Mai Tai Pie

(Non-Alcoholic)

- 1 pint pineapple or lemon sherbet, softened
- 1 pint vanilla ice cream, softened
- ¼ cup lime juice
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 tablespoon grated lime peel
- 1 teaspoon grated orange peel
- 1 teaspoon grated lemon peel
- 1 can (20 oz.) Dole Crushed Pineapple, drained
- Macaroon Crust

DIRECTIONS

Combine softened sherbet and ice cream with all juice and grated peel. Fold in pineapple. Pour into Macaroon Crust. Freeze until firm or overnight. Garnish with pineapple slices and lime if desired. Serves 8.

Macaroon Crust

Combine 2 cups macaroon cookie crumbs and ¼ cup melted butter. Press into 10-inch pie plate. Refrigerate until ready to use.

For more recipes, send a stamped self-addressed envelope to: Dole's PINEAPPLE DESSERT CLASSICS, Dept. J86, P.O. Box 7758, San Francisco, CA 94120.

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Add a little Dole.
And taste where it takes yo

SUPER QUICK MEALS

Burgers with a bite, a refreshing carrot salad and pecan-crowned ice cream. By Carol Prager

ENU FOR FOUR

AJUN BURGERS
ARROT SALAD
RALINE SUNDAE
ICED TEA
***Recipe given**





Thom DeSanto

CAJUN BURGERS

e spices used here are great steak, chops and fish, too.

make spice mix, in small bowl nbine 1¼ teaspoons salt, 1 teaspoon shly ground black pepper, ¼ tea- on ground red pepper, 1½ tea- ons paprika, 1¼ teaspoons thyme l 1¼ teaspoons basil.

Preheat broiler. In large skillet heat tablespoons oil with 2 teaspoons ce mix. Add 2 medium onions and 1 ge green pepper, each cut into ½- h slices, and 1 teaspoon chopped garlic. Cover and cook, stirring occasionally, 15 minutes, until tender.

Meanwhile, combine 2 tablespoons melted butter or margarine with ½ teaspoon spice mix. Split 4 sesame rolls and brush cut sides with seasoned butter. Broil on cookie sheet until toasted; set aside.

Divide 1½ pounds ground beef into 4 patties; coat each side evenly with remaining spice mix. Broil 4 inches from heat source 3 minutes per side for medium. Make sandwiches on toasted rolls with burgers and sauteed onions and pepper.

CARROT SALAD

Oil and cider vinegar bring out the sweetness of carrots.

In large bowl combine 1 pound carrots, peeled and shredded, with 2 tablespoons salad oil and 2 teaspoons cider vinegar; toss until well mixed. Season to taste with salt and freshly ground black pepper.

PRALINE SUNDAE

Use walnuts or mixed nuts to make the topping if you like.

In medium skillet melt 2 tablespoons butter or margarine; add 1 cup pecan halves and saute until golden. Stir in ¼ cup light corn syrup and ½ cup firmly packed dark brown sugar; simmer until sugar is dissolved. Remove from heat. Add ¼ cup heavy or whipping cream and 1 teaspoon vanilla extract. Cool 5 minutes. Divide 1 quart vanilla ice cream among 4 dessert dishes and top each portion with some of the pecan sauce.

SUN TEA

If you're partial to iced tea that doesn't cloud up, let the sun shine in. Place eight tea bags and the peel of one lemon in a half-gallon clear glass jar with a tight-fitting lid. Fill jar with cold water, cover and set in a sunny spot for six to eight hours. Remove tea bags. Serve tea in tall glasses over ice with sprigs of fresh mint. Actually, you can make clear tea the same way out of the sun: Just place jar in the refrigerator for six to eight hours. To prevent clouding of iced tea made the usual way, store it covered at room temperature.



Now Imagi
On A Slightly L



The decks are strung with lights that soar high above the sea, framing the deepening indigo of the night.

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When evening comes, on a Royal Caribbean cruise, you'll see that all the romantic stories you've heard about cruising are absolutely true.

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You'll watch the silent passing of a freighter, far out on the horizon. And dance under more stars than you ever thought the sky could hold.

And you'll find that the warmth of the islands lingers in your mind, long after the sun goes down.

So talk to your travel agent about a Royal Caribbean cruise. For seven, eight, ten or fourteen days.

After all, some things are just too good to be left to your imagination.

ROYAL CARIBBEAN

Song of Norway, Song of America, Nordic Prince, Sun Viking
Ships of Norwegian Registry

e The Same Idea, ger Scale.

THE TOUGHEST CRISIS OF Geraldine Ferraro



Tannenbaum/Sygma



AP/Wide World Photos

Top: The smiles of Geraldine Ferraro; her husband, John Zaccaro, Sr.; and son, John Zaccaro, Jr.; reflect family closeness . . . and no hint of the troubles to come. Bottom: John Zaccaro, Jr., twenty-two, leaving a Middlebury, Vermont, courthouse earlier this year.

Any mother would be upset if her son was arrested for selling drugs. But when the mother is one of the most admired women in the country, family tragedy becomes public drama. By Michael Gaffney

If you obey the law, you should be protected. But if you break the law, you must pay for your crime." Simple words, but when Geraldine Ferraro uttered them, in her acceptance speech before the 1984 Democratic National Convention, they were to become a part of history. This woman was doing what no woman had ever done before—accepting the nomination of a major party for the second-highest office in the land.

Her voice rang clear and confident in the packed auditorium, but the words she spoke would raise the curtain on the darker, more turbulent drama that has engulfed her family during the past two years. Ferraro would see her husband convicted, her son arrested, and her own political career undermined by investigations and inquiries. The controversy would center on the two men who mean the most to her: her husband and her son—two *(continued)*

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KAL KAN PET CARE



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men who share the name John Zaccaro.

But under the glaring television lights that July night, there was no hint of such shadows. It seemed that if ever a family had it all, this one did. As Geraldine, her husband, her son and her two daughters, Donna, twenty-two, and Laura, eighteen, stood on the platform, they seemed close and comfortable with one another, full of pride and love.

There was no doubt that Geraldine Ferraro's career had been bigger than life. A former prosecutor in the Queens County, New York, district attorney's office, she had earned a reputation as an able lawyer. A three-term congresswoman from Queens, she had risen to a leadership role in the House, gaining national recognition as chair of the prestigious Democratic Platform Committee.

But Ferraro was more than simply a national figure; she was also a mother and a wife, and those who knew her said she took her private responsibilities as seriously as her public duties. Aides recall that during her tenure in Washington, she would shuttle back to New York to attend her children's birthday parties and school plays.

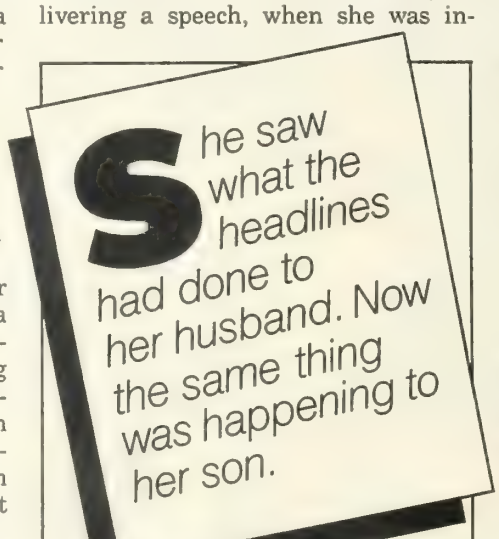
In fact, it has been suggested that her close-knit family image even played a role in Ferraro's selection. When San Francisco mayor Dianne Feinstein was being considered for the vice-presidential nomination, a few insiders voiced concern that although she was a proven administrator, she was, after all, a woman who had had three husbands. And that wouldn't play on the campaign trail.

The election that followed is a matter of public record—and history. So, too, are the legal troubles of Ferraro's husband, who was pressured into making his financial affairs public, with disastrous results for him and for his wife's campaign. After the election, the family tried hard to rebuild their lives. Gerry and John renewed their wedding vows, reaffirming the pledge they had made twenty-five years before. John pleaded guilty to charges of real-estate fraud, sparing the family the publicity of a long court battle. For his crime, he gave 150 hours of community service to New York City. And in investigations conducted by the House and the Justice Department, Ferraro herself was cleared of any intentional wrongdoing.

During the past year, Ferraro was once again looking ahead to a promising future. Her days were hectic, with a full calendar of political activities, speeches and appearances. Her book about the campaign made the best-seller lists. She was even contemplating a race for the U. S. Senate. It seemed just a matter of time before the name Geraldine Ferraro would again be in the newspapers. But when it happened, it came in a way nobody, least of all Ferraro, expected. Once again, the legal problems of a family member intruded on Ferraro's political plans. This time, however, the newsmaker was not her husband, but her twenty-two-year-old son, John Zaccaro, Jr., a senior at prestigious Middlebury College, in Vermont.

At nine-fifty on the night of Thursday, February 20, a stranger approached John, Jr., at the restaurant where he had a part-time job, asking him to step outside to discuss a problem with his car. As John did so, the man flashed a badge and identified himself as Sergeant David Wemette, of the Middlebury police. "Mr. Zaccaro, you are under arrest," said the officer. The charge: possession of cocaine with intent to sell.

Geraldine Ferraro was in Hawaii, delivering a speech, when she was informed that her son had been arrested. Friends say that she was extremely upset by the news. For any mother, this would be news to chill the heart. But for Ferraro, besides the private pain, there was the inevitable public scrutiny. Not long before, she had watched what the headlines did to her husband. Now she was about to see the same thing happen to her son.



And the headlines were lurid: One news story reported that Zaccaro was known on campus by the nickname The Pharmacist. The report turned out to have no real basis, but the damage had been done. Other headlines were harder to rebut. On April Fools' Day the previous year, in a parody of the Middlebury College newspaper, John Zaccaro was featured in a mock ad, with the caption "My Mom may drink Pepsi, but I like Coke." If the allusion to his mother's Pepsi commercial was clear, so, too, was the insinuation about her son's reputation. True or not, it was the kind of detail reporters love, and made news stories coast to coast. At initial hearing, Geraldine's husba angered by the treatment of his s called the press vultures.

For the public, the news was bev dering. Why would a boy from suc close family, a good student attendin good college, get involved with dru Clearly, John was not lacking in eit money or brains. Just what kind man is Geraldine Ferraro's son?

John Zaccaro, Jr., "Zac" to friends, was a popular figure on Middlebury campus. The handso student kept a low profile about his mous family, instead immersing h self in schoolwork, soccer and the int mural baseball team. The off-cam house he shared with his roomm was often the scene of dinner part where friends enjoyed the Ital dishes John had learned to prep during a semester abroad.

Like most seniors, John was eage finish school. The months he had tak off to help his mother campaign him a year behind the rest of his cl Now, as he started work on his sen thesis—a history major, he had cho Watergate as his topic—it was dream to graduate midyear and en law school the next fall, following the steps of his mother.

Geraldine Ferraro knew that son's arrest placed his plans in je ardy. And the stakes were high: Jo Zaccaro, Jr., could receive a maxim of five years in prison or a five-th sand-dollar fine.

As an assistant district attorn Geraldine Ferraro was known as tough prosecutor. But now, as mother of a child in trouble, she wan nothing more than to make sure son received fair treatment. And had heard that the Middlebury dist attorney, John Quinn, would be a sk ful adversary. Quinn believed in pl ing his hand close to the vest. "" outcome is completely wide open," said in the weeks following the arr "Our side is going forward with all evidence we have. What happens a that is up to the judge." Then, in ominous postscript, he added, "A some of our judges feel very stron about this kind of offense."

The news of Zaccaro's arrest spr like wildfire across the usually pla Middlebury campus. Most of the st dents were taken completely by s prise. Ken, a senior who knew Zacc only by sight, recalls, "My first reacti was shock. Of course, if you had y eyes open, you knew that there w dealers around the campus. But dr are just not a big part of life at M dlebury College. Now, all of a sudde he says

(continued on page 16)



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MEDINEWS

The latest scientific research and medical findings to keep your family its healthiest. By Beth Weinhouse

SALMONELLA SAFETY



With the welcome return of warm weather comes the unwelcome return of salmonella poisoning. This type of food poisoning, usually transmitted through undercooked poultry or red meat, is most common when the temperature is high. The Centers for Disease Control (CDC) estimates that there are anywhere from half a million to four million cases a year.

"In most healthy people, salmonella is not life threatening," says Caroline Ryan, M.D., medical epidemiologist at the CDC's Enteric Disease branch. "The symptoms are diarrhea, which can be bloody, abdominal cramps, fever and occasionally vomiting, and they last from five to seven days. Treatment includes fluids, bed rest and aspirin. Salmonella poisoning can be more serious in the very young, the very old, people on certain medications (such as steroids, which affect the body's immune system) and people suffering from an illness that affects the immune system. In any of these cases, hospitalization may be necessary."

But salmonella can be prevented through proper kitchen techniques. Says Ryan, "Make sure meats and poultry are well cooked. For instance, I used to eat hamburgers rare, but now I eat them medium. Also, avoid cross-contamination: If you cut chicken breasts on a cutting board before cooking and then slice tomatoes for your salad on the same board without washing it, the tomatoes could become contaminated."

FIRST AID ON THE ROAD

If you're planning a car trip this summer, and especially if you're traveling with children, write for the American Red Cross's automobile first-aid kit.

What's unique about this kit is that it's especially made for car travel—it comes in a padded case that won't hurt anyone if it's tossed around the car in an accident and that can be used as a pillow to prop up a victim's head in an emergency. Best of all, the kit is organized in clearly label pouches with instructions how to make use of the conten There are pouches for vere bleeding and burns, m dium cuts and scrapes, sm cuts and scrapes, and sho The 10x12-inch kit, whi is also ideal for trucks, boa motor homes and campe is available for $24.95 plus $3.20 shipping and handling. Order t kit from: American Red Cross, Box D, Haworth, NJ 07641.

FIBER

The benefits of fiber are highly touted: It can help prevent cancer, protect against h disease and aid weight loss. And while all these claims are true, all fiber is not alike. The five m kinds of fiber—found in fruits, vegetables, legumes, grains and cereals—affect your bod different ways. Knowing the facts about fiber can help you take advantage of all its bene

TYPE OF FIBER	WHAT IT DOES
LIGNIN The woody substance that gives plants structure and support, lignin is found in wheat bran, breakfast cereals, strawberries, eggplant, pears, green beans, radishes.	Reduces the digestibility of other fibers, hancing their benefits. Also helps speed through the intestines. Lowers cholester
CELLULOSE The most abundant type of fiber. High levels in whole wheat flour, wheat bran, grains, apples, cabbage, peas, green beans, wax beans, carrots, broccoli, Brussels sprouts, peppers.	Increases fecal bulk, absorbs water speeds food through the intestines. Prot against constipation, colorectal cancer, di ticulitis, irritable bowel syndrome. May help prevent hemorrhoids and varicose ve
HEMICELLULOSE Like cellulose, it is also common to all plants. High levels are found in cereals, wheat bran, whole grains, Brussels sprouts, beetroot.	Same as cellulose
PECTIN Found in citrus fruits, apples, strawberries, squash, cauliflower, green beans, cabbage, dried peas, carrots, potatoes.	Delays gastric emptying. Lowers cholest and decreases fat absorption. Helps lower high blood-glucose levels associated with betes by slowing glucose absorption.
GUM Found in legumes, barley, oatmeal and other rolled-oat products, dried beans.	Same as pectin


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As different from other multivitamins as women are different from men.
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WITHIN

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CHILD CARE

MATERNITY LEAVE

LHJ's special report on how companies are changing their policies in important ways to help the working woman

By Susan Stautberg

Anyone who stands in the lobby of a large office building at 9 A.M. can see that women have arrived in the work force in a big way. In fact, ten years from now, fully half of all corporate employees will be women. Another significant statistic is that 93 percent of those in their childbearing years will become pregnant at some time during their working lives. The dramatic increase in the number of childbearing employees as well as single working parents and two-paycheck couples is forcing big business to focus new attention on pregnancy benefits, child-care problems and other family obligations.

What companies are finding out is that a contented employee is a productive employee and that instituting policies to accommodate working parents can result in reduced employee turnover, better morale and company loyalty, lower absenteeism, increased productivity, and good word-of-mouth publicity, which attracts the most desirable applicants.

In addition, a study summarized by Rosabeth Moss Kanter, of Goodmeasure, a consulting firm in Cambridge, Massachusetts, concluded that "companies with a reputation for progressive human-resource practices were significantly higher in long-term profitability and financial growth than their counterparts."

Gordon McGovern, the president of Campbell Soup, understands the bottom-line advantage of caring about the private concerns of employees. He notes, "If you can relate to people, you're going to have a very efficient, productive climate. And if you can't, you're going to get wiped out."

Here is an update on the new trends in better benefits for the working woman.

IT'S FOUR P.M. DO YOU KNOW WHERE YOUR CHILD IS?

Most working parents agree that finding satisfactory child care tops their list of problems. Price is a big factor: Child care is the fourth-largest expense for the working family, after housing, food and taxes. In addition, the arrangement must be reliable and flexible, with a contingency plan for times when the primary caretaker is unavailable due to bad weather, illness or personal problems.

Until recently, if parents had child-care problems, the company didn't want to know about them. Yet results of a study by Child Care Systems, a Pennsylvania consulting firm, show that each employee with a child under thirteen loses approximately eight working days a year because of child-care problems, and 39 percent of those workers have considered leaving their jobs because of difficulty in finding good child care.

These hard facts, coupled with new demands by workers for more humane policies, are obliging companies to accommodate their staffs. In the past four years the number of companies providing child-care benefits for employees has quadrupled. Yet this remains less than 0.1 percent of the nation's six million employers. Here are some of the programs employers have *(continued on page 97)*


HOW'D YOU MAKE THOSE PIES?
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Cool Whip
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QUICK & EASY!





PEACHES-N-CREAM PIE

PREP TIME: 15 min.

- 1 package (8 oz.) cream cheese, softened
- 2 tablespoons sugar
- 2 tablespoons milk
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 baked 9-inch pie shell, cooled
- 2 medium peaches, peeled, pitted and diced
- 1 package (4-serving size) JELL-O® Vanilla or Lemon Flavor *Instant* Pudding and Pie Filling
- 1 cup cold milk
- ¼ teaspoon almond extract

Beat cheese until smooth; blend in sugar and 2 tablespoons milk. Fold in 2 cups of the whipped topping and spread in crust. Top with diced peaches, pressing down lightly. Chill. Prepare pie filling mix with 1 cup milk as directed on package for pie. Add extract and let stand 5 minutes. Fold in remaining whipped topping and spoon over cheese mixture. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with remaining whipped topping and peach slices, if desired.



JEEPERS!

BLUEBERRY BOTTOM PIE

PREP TIME: 15 min.



- 2 packages (4-serving size) JELL-O® Vanilla Flavor Pudding and Pie Filling
- 1¼ cups milk
- 1½ cups blueberries, pureed (1 cup)
- ½ teaspoon cinnamon
- 1 baked 9-inch pie shell, cooled
- 2 teaspoons grated lemon rind
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping

Combine 1 package pie filling mix, ¼ cup of the milk, the pureed berries and cinnamon in saucepan. *Cook* and stir until mixture comes to a *full boil*. Pour into crust; chill. Prepare remaining package pie filling mix with remaining milk as directed on package for pie. Add 1 teaspoon of the lemon rind; pour into bowl and cover with plastic wrap. Chill about 1 hour, until cold. (Or place in freezer for 30 minutes.) Fold in 1 cup of the whipped topping and spoon over blueberry layer. Combine remaining whipped topping and lemon rind. Spoon over filling. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with blueberries and mint leaves, if desired.





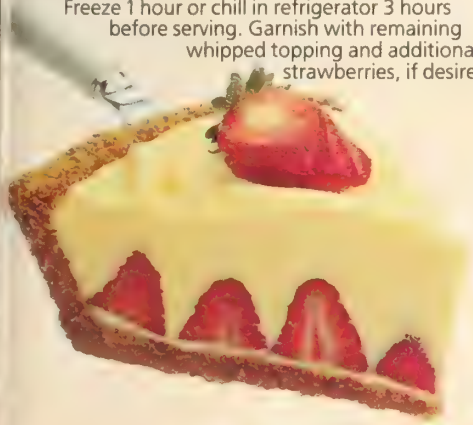
STRAWBERRY CREAM PIE



PREP TIME: 10 min.

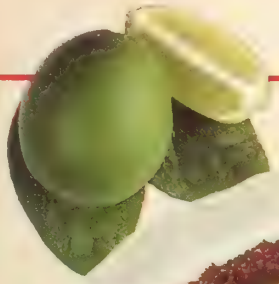
- 1 pint strawberries
- 1 package (4-serving size) JELL-O® Vanilla Flavor *Instant* Pudding and Pie Filling
- 1 cup (½ pint) sour cream
- ¼ cup milk
- 2 teaspoons grated orange or lemon rind
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 prepared 9-inch graham cracker crumb crust

Hull berries and set aside. Combine pie filling mix, sour cream, milk, rind and 2 cups of the whipped topping in bowl. Beat with wire whisk until well blended, about 1 minute. Spoon half the filling into crust; arrange berries, stem down, in filling and press down. Top with remaining filling. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with remaining whipped topping and additional strawberries, if desired.





CREEPERS!



COOL LIME PIE

PREP TIME: 15 min.

- 1 package (4-serving size) JELL-O® Vanilla Flavor Pudding and Pie Filling
- 1 package (4-serving size) JELL-O® Brand Lime Flavor Gelatin
- 2 cups water ¼ cup sugar (optional)
- 1½ teaspoons grated lime rind
- 2 tablespoons lime juice
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 prepared 9-inch chocolate crumb crust

Combine pie filling mix, gelatin, sugar and water in saucepan. *Cook* and stir over medium heat until mixture comes to a *full boil*. Add lime rind and juice. Pour into bowl, cover with plastic wrap and chill until cold and slightly thickened. Fold in 2½ cups of the whipped topping. Spoon into crust. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with remaining whipped topping and lime slices, if desired.





VERY STRAWBERRY PIE

PREP TIME: 15 min.

- 1 package (4-serving size) JELL-O® Brand Strawberry Flavor Gelatin
- ¾ cup boiling water
- ½ cup ice cubes
- 1 package (4-serving size) JELL-O® Vanilla Flavor *Instant* Pudding and Pie Filling
- ¾ cup milk
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 pint strawberries, hulled and sliced
- 1 baked 9-inch pie shell, cooled

Completely dissolve gelatin in boiling water. Add ice cubes and stir until melted. Prepare pie filling mix with ¾ cup milk as directed on package for pie; let stand about 2 minutes. Blend in gelatin. Chill, if necessary, until thickened. Fold in 2 cups of the whipped topping and strawberries. Pour into crust. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with remaining whipped topping and additional strawberries, if desired.







Jeepers, creepers! Thanks to Jell-O® Pudding and Cool Whip,® spectacular summer pies have never been easier!

Watch your family's eyes light up to our Peaches-n-Cream and Cool Lime Pie. Cure their summertime blues with our Blueberry Bottom Pie. And watch their eyes sparkle when they see our





JELL-O BRAND
instant pudding
and pie filling

Very Strawberry and Strawberry Cream pies! And once your family tastes these luscious pies... Jeepers, creepers!

THAT'S HOW YOU MAKE THOSE PIES!

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GENERAL FOODS

Underalls®
pantyhose & panties all in one.


YOUR EMPLOYER

continued from page 92

d most helpful to their employees.

site day care Some large corpora- s (Campbell Soup, for example) do on-site day care. For women with ll children, this rates as a highly rable solution to the child-care lem. But these centers are very ex- ive to operate and sometimes cause ntment among employees who no use for them. One alternative company-subsidized arrangement a nearby independent facility.

erral service Procter & Gamble has ogram that provides counseling to nts who need to find child care, as as a registry of local day-care ser- s. The company also recruits and ns home day-care workers. Similar grams run by other companies also ude courses to aid parents in eval- ng day care.

sidies Fay's Drug Company has a sidy arrangement with local day- programs. Employees can choose approved day-care center and pay a uced rate; the difference in cost is de up by the company. "The pro- m has been very successful in New k," says Donald R. Bregande, Fay's ector of personnel, "and we expect expand the plan gradually to serve our employees in three other states."

Consortium of employers If there are many large employers in one region, they may work together to establish a centrally located day-care facility.

One company's solution In 1984, 3M instituted a pilot program in which a subsidy is provided to those families whose children are ill and must be cared for at home. If the child's stay in bed is extended, parents often cannot remain at home to care for her. Parents then have to arrange for in-home nursing care, but frequently they must also continue to pay for the out-of-home child care they usually use. Under this program, 3M employees pay a portion of the temporary health-care expenses, based on their income, and the company picks up the balance.

"If only I could leave at three"

Along with child-care anxieties, lack of time is the complaint voiced most often by working mothers. Yet it has been estimated that twenty million members of our work force are not working nine to five. Instead, they have arranged nontraditional schedules.

Part-time employment is generally not recommended for women interested in fast-track advancement, but it can give new mothers time to spend with their families. Productivity often soars precisely because the hours are limited: Workers are highly motivated to get the job done.

Job sharing allows two employees to fill the same job, each working part-time. Although problems with continuity concern some employers, this option offers the advantages of good job coverage, very little necessity for overtime payments, and the retention of valuable employees who are unwilling or unable to work full-time.

Mel Petersma, personnel manager at Rolscreen, a window and door manufacturer in Iowa, commented on his company's job-sharing program, started in 1976: "We think it's worth the extra cost. It has enabled us to retain experienced staff who might otherwise decide to quit to raise a family. This way, we get to keep them."

Flexitime allows employees to choose their hours of arrival and departure—a boon for parents with children to deliver or pick up. Although there are some problems in efficient departmental interaction, there are enormous benefits from improved morale, and it is a very low-cost program.

One company's solution Kimberly Clark has a flexitime option for nonproduction employees. All employees must be present between 9:00 A.M. and 2:30 P.M. and *(continued on page 169)*

VIRGINIA



Virginia Slims remembers when the daring bathing suit was the one with the short sleeves.

Lights: 8 mg "tar," 0.6 mg nicotine—100's: 14 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Feb.'85. 120's: 14 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.



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Read all about it!

Kleenex® Huggies® diapers have new elastic waistbands—soft, cuddly elastic at the waist. So now Huggies hug gently all over.

Plus there's more thick, fluffy padding. To help stop leaking better than ever. And to help keep babies extra happy.

Huggies with new elastic waistbands. Now available in medium and large sizes. Good news for the whole town.

Now Huggies diapers help stop leaking better than ever.



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YOU ARE SOMEBODY SPECIAL

From America's all-time favorite dad, Bill Cosby, some fatherly advice to share with your youngster when he or she is feeling discouraged



When I was in junior high school in Philadelphia, I wasn't really interested in any other activity than watching this fellow named Sporty. That was his nickname.

One day after school I saw ty high-jumping. He had both -jump stands up, three old mats to k his fall, and a bamboo pole. orty was jumping at 4'6". Well, at ime I was only about 5'3" and very . I watched him jump, and it looked ole enough. I wanted to do it. ow, the way Sporty jumped and the I jumped were two different styles. s say my style was a sort of running-y-from-the-scene-of-the-crime jump. rty's was the classic Eastern Roll. porty approached his target with a ain number of steps, planted his t foot (because he was left-footed). threw the left leg up. Then as he an to clear the bar, he flattened his y out and kicked his back leg up to p from knocking the bar off. He also ded smoothly on his back.

So now I tried my style. Coming n the side of the bar, I ran up, stopped, nted both legs and jumped straight Then, bringing my knees to my chin, ame down with my behind crashing bamboo pole. One broken pole! This, of course, made Sporty very up-. So I apologized and asked him if he uld show me how to do it right. At that particular point, Mr. Richard ster came over and offered to teach . Mr. Lister was our gym teacher, a ry kind gentleman, who had high-mped for Temple University. I think his record was 6'9". Of course, to Sporty and me that was out of this world.

I notified my mother I would be home late because Sporty and I were high-jumping. My mother wanted to know if there was a high-jumping team. I said, "No, but Sporty and I have a great time just jumping over this bamboo pole." Then she asked me whether I had finished my homework.

I showed up after school, quickly changed my clothes, came out and saw Sporty in a gray sweat suit. First thing: Warm up! Mr. Lister gave us this set of exercises, showing us how we must bend over and do the same things we had done in gym class earlier that day. I notified Mr. Lister that I had done these exercises. Mr. Lister said, "You're going to have to do them again. You have to warm up properly. Get the blood flowing. Loosen up." This, he said, was warning the body that it was about to get involved in something special.



Mr. Lister decided to work on my style, because the school couldn't afford any more broken poles. I had a lot of energy and drive. This was something I really wanted to do, and I enjoyed doing it.



I knew I had the coordination, because I was one of the top gym-class athletes. Mr. Lister said, "Son, the thing you are going to have to learn is that in order to do anything well, you must start from lesson one. Then we go to lessons two, three, four and five. After you have learned these, it may come to you that this is not necessarily the right way for you. You may then, perhaps, make some adjustments. But in the meantime, you are fighting yourself."

So Mr. Lister and I worked on a very smooth approach to the bar at the very embarrassing height of two feet. I made my five-step approach, stopped, lifted my left leg, threw my arms up, cleared the bar, and fell on my back.

Mr. Lister said, "Good." And I protested, "Yes, but look! A two-foot bar!" He said, "It is better for you to miss at two feet than to break another bar at four feet two. Look how many bars we've saved. You jump twenty times, you save twenty bars."

As the months passed, Sporty and I were both jumping at 4'6". Then Sporty moved the bar to 4'9". This was indeed a challenge. At 5'3", you may *(continued)*

Sam Weissman



Hidden Comfort® Half Insoles make high heels feel as comfortable as flats.

They keep feet from sliding forward in high heel shoes. Soft, slim latex cushions ball of your foot. Relieves stress. And Hidden Comfort won't show in toeless, backless shoes.

Dr Scholl's

Makes you feel like dancing.

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Here's my $1.* Send me Dr. Scholl's Hidden Comfort and Fresh Step Scented Insoles and mail this coupon. Please to: Scholl, Inc., P.O. Box 1257, Clearwater, MN 55320.

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LHJ 6/86

Name _____ Please Print

Address _____

City _____

State _____ Zip _____

Phone _____ Shoe Size _____

*Offer good in U.S. only where permitted. Limit one coupon per household. Void where prohibited, taxed or restricted. Allow 4 weeks for delivery. Offer expires Dec. 31, 1986.

be looking eye-to-eye with a 4'9" bar. I made the approach, and as I approached I became frightened. Not that I would hurt myself, not that I would break the bar—I became frightened because this looked like something I couldn't do.

The closer I got to the bar, the more I realized I couldn't do it. The more I accepted the fact I couldn't, the more I didn't prepare myself physically. In other words, as my mind said no, it allowed certain things to happen so my body would not give its all.

And I did exactly what I thought. I knocked the bar off.

As a matter of fact, the first time I tried it, I remember running up, planting my foot, starting to do it, and then snatching the bar off with my left hand. I never left the ground.

I put the bar back up. Sporty ran at it, jumped, and his trail leg nicked the bar. But it stayed up. He made 4'9". Of course, Sporty and I were now competing against each other, and I figured, If Sporty can do it, I *better* do it.

I stood on my mark, started with the right foot, and took three steps. Then came that thought again: "Awfully high. You can't make it." Again as I finished the last two steps, I grabbed the bar with my left hand and put it back up. Sporty approached again, made his jump, but knocked the bar over. I felt better.

After talking to myself, I decided I could do it now. Suddenly, I realized that in being afraid to fail I was making a halfhearted attempt.

So I tried to block all negative thoughts and remembered everything positive about myself.

I approached the bar, and for some reason none of the negative thoughts came into play. I found myself looking down on the bar, six inches over it. I had cleared that bar, and I was happy.

(What I am doing now is freezing this moment so you can get the actual feeling of what happened: I approached the bar, I planted that foot, jumped with all my might, went up and went over. I am six inches over, and I say to myself, "I'm up. I'm over. I've actually done it." H the great burst of applause, the che from all those little people in brain. "Yea! We've done it!")

However, I had forgotten to compl the jump, so as I sailed across the my trail leg hit and knocked the bar Still, I had made the height, and I h cleared it by a good six inches!

I put the bar up quickly, came b around, and Sporty said, "You kn you really made that." We were b excited, both talking fast, and Spo for some reason, felt very good ab what I had done.

Again I made my approach with negative thoughts. Up. Over. Six inc over. This time I remembered to k and clear that leg. So 4'9" was no lon a problem. I felt secure. Now I begar think about the next height. If I co do 4'9", looking down on it, how h could I go? 5'2"? Impossible! I'm 5 How could I jump my height? Would it be wonderful if I could?

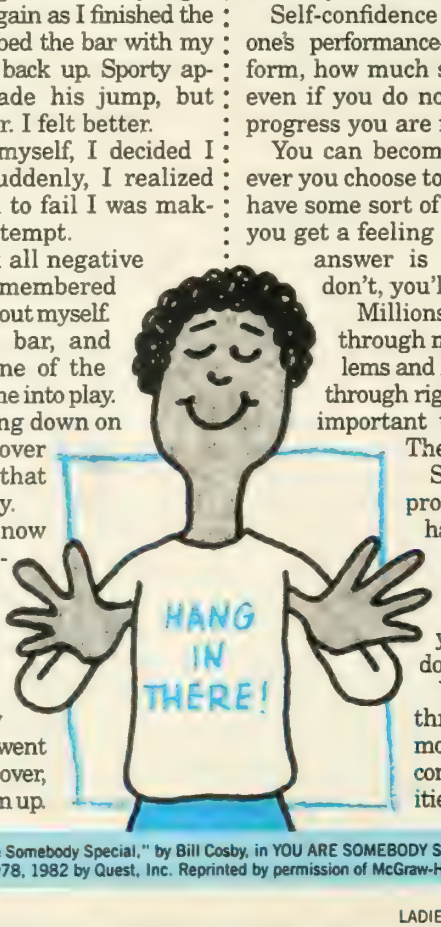
That was a great day for me cause I learned something about m self. I learned to talk to myself, rea with myself, believe in myself.

Self-confidence has a lot to do w one's performance—how well you p form, how much success you have a even if you do not succeed, how mu progress you are making.

You can become successful at wh ever you choose to do, but first you m have some sort of feeling for it. How you get a feeling for it? Sometimes t answer is simply "try." If y don't, you'll never know.

Millions of people have g through many of the same pr lems and hang-ups you are goi through right now. And—the m important thing—they surviv They got through it.

So now, when yo problems seem too big handle, when you w der if God is rea there, or when frier want you to do thin you know are wro don't give up! Be stro You *can* make through if you ke moving. Your dreams c come true! The possib ities are wide open. E



Excerpted from "You Are Somebody Special," by Bill Cosby, in YOU ARE SOMEBODY SPECIAL, by Charles Shedd. Copyright © 1978, 1982 by Quest, Inc. Reprinted by permission of McGraw-Hill Book Company.

Introducing Bugs Bunny & Pals™ Drink Mix with 100% Vitamin C.



k about an exciting new drink!
Bugs Bunny and Pals. A great-tasting, fun drink for kids
e delicious flavors.
ur children will love it because each refreshing flavor fea-
one of their all-time cartoon favorites.
u'll love it because it brings kids the benefits of a sugar-free
mix sweetened with 100% NutraSweet.® And fortified
100% of the recommended daily allowance of Vitamin C.
esides the deliciously fruity flavors, kids will get a lot more
yment playing with the colorful back-panel using the fun
inside.
pick up Bugs Bunny and Pals Drink Mix. It comes in Bugs
ny™ Tropical Punch. Daffy Duck™ Cherry. Porky Pig™ Berry
ch. Sylvester™ Grape. And Tweety™ Lemonade flavor.

Once you've got it home, your kids will have a terrific time. After all, how often do they have a chance to sit down to a scrumptious drink with some of Hollywood's brightest stars?



New from Borden

"If it's Borden, It's got to be good!"

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SPECIAL OFFER FROM LHJ

LAZY-DAY DUO

Breeze through summer in these cool all-cotton separates prettied up with pastel bouquets



Our sweater and skirt set, in one of this season's fresh florals, is perfect for strolling on the beach or partying by the pool. Or wear the oversize loose-knit sweater with pants and shorts, the flattering full skirt with a tank top. Only $49.95 for the set. The sweater comes in S-M-L, the skirt in 5/6 to 13/14. Both are also available separately. To order, please turn to page 172.

"I use Ziploc Storage Bags for all my leftovers."



Believe it or not, there are a few meals even I have trouble finishing. For instance, the dessert table on the Queen Mary. That's when I need Ziploc® brand storage bags.

Ziploc Storage Bags have the unique zipper seal I can close easily. And once it's closed it stays closed. Which means food stays fresh longer.

But storing leftovers is only one reason why I use Ziploc Storage Bags.

DOM DELUISE'S MARINATED VEGETABLE SALAD

12 servings

2 cups fresh broccoli flowerettes
2 cups fresh or frozen sliced carrots (¼-inch)
2 cups fresh or frozen cauliflowerettes
1 cup diagonally sliced celery (¼-inch)
½ cup chopped green pepper
½ cup chopped green onions
1⅓ cups unsweetened apple juice
1 cup cider vinegar
1 teaspoon ground black pepper

Steam broccoli, carrots, cauliflower and celery until crisp tender; cool. Combine steamed vegetables, green pepper and green onions in a gallon Ziploc Storage Bag. Combine apple juice, cider vinegar and pepper; pour over vegetables. Seal bag and shake to mix well. Refrigerate vegetables overnight; will keep up to 3 days.

Ziploc Storage Bags also come in handy when the family is over for dinner. You see, my Uncle Louie uses them to bread the cutlets. Aunt Tessie tosses her alad in them. My wife Carol uses them to marinate her mushrooms. And my kids use them o sneak my sister Anne's butter cookies out of the kitchen.

What's more, I wouldn't limit myself to using just Ziploc Storage Bags. To me, that's like ıot going up for seconds or thirds. I also buy Ziploc Freezer Bags and Ziploc Sandwich Bags.

But when it comes to leftovers, Ziploc Storage Bags take the cake. And the cookies and the chicken and the fruit and the shrimp...

NOW IN JUMBO TWO GALLON SIZE.



ZIPLOC. WE'VE GOT THE LOCK ON FOOD PROTECTION.

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Beware.

Don't get stuck with a nonstick that only looks like SilverStone.®

Insist on the SilverStone seal.

That's the only way you can be sure you won't get stuck with early wear-out. Early wear-out happens when a nonstick coating is too thin or applied to a poorly prepared surface.

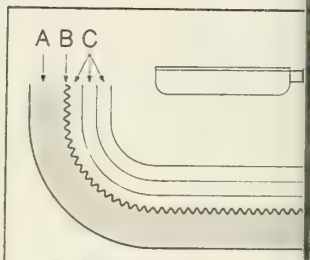
DuPont's unique Certification Program helps prevent early wear-out.

DuPont sets the standards, not only for proper surface preparation, but for metal thickness, and proper application of 3 layers of premium SilverStone.

Only manufacturers who maintain these standards earn the right to display the SilverStone seal on their products.

So don't buy just any nonstick. Insist on SilverStone and the DuPont Certification seal. It's your guarantee you won't get stuck.





DuPont Standards:

A. Proper metal thickness to avoid pan warp.
B. Proper surface preparation for superior coating adhesion.
C. Thick 3-layer coating for superior abuse resistance and easy clean up.

Certified quality only from DuPont

Don't get stuck. Get SilverStone.®

Only DuPont makes SilverStone premium finishes.

DUPONT

DOCTORS, PATIENTS & SEX



Tom Arma

By Rita Rooney

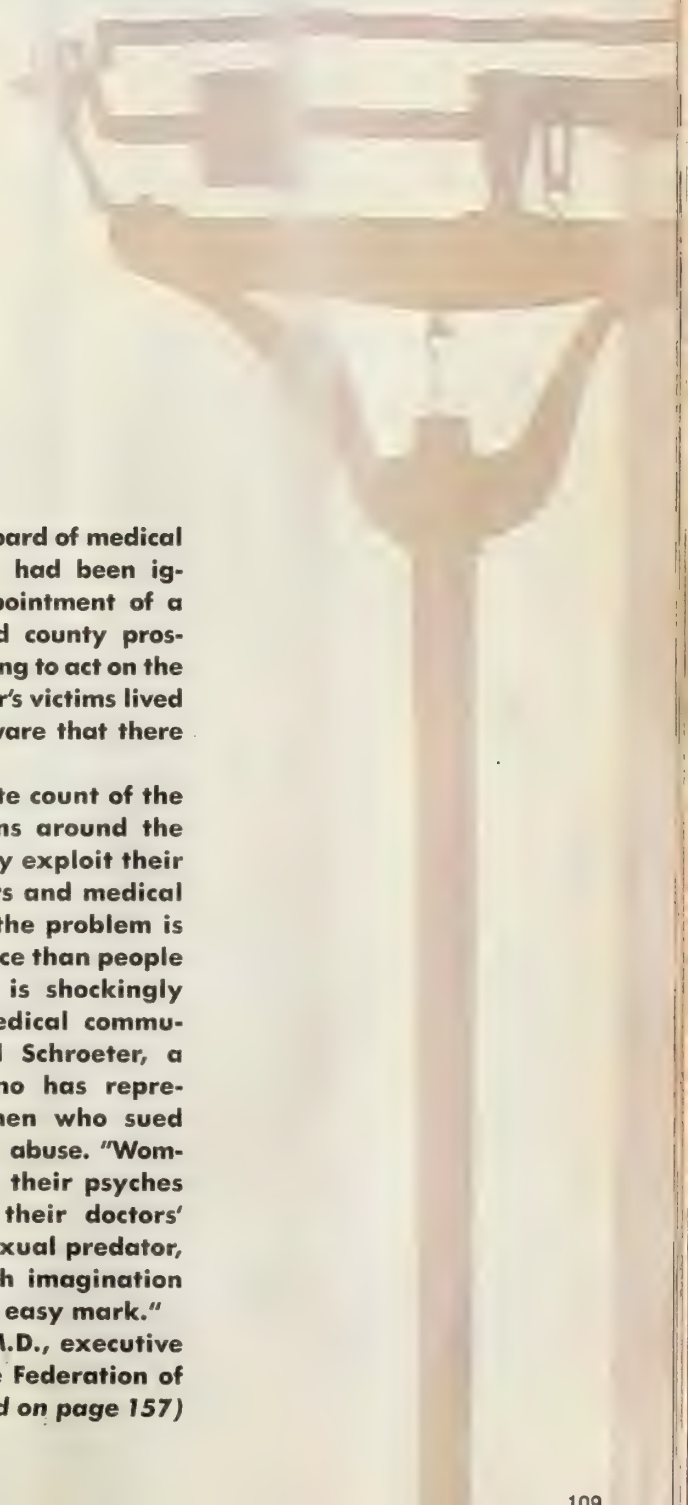
LADIES' HOME JOURNAL

JUNE 1986

A woman puts her trust—and her life—in the hands of her physician. He is the last person she should have to fear. Turn the page for a disturbing report on doctors who abuse their patients

Tom Arma

"Sexual exploitation is shockingly prevalent in the medical community."



Lovell, Wyoming, is the nd of place where people shop in ıe general store and exchange iendly gossip after Sunday ıurch services. Just about all of ›vell's two thousand residents new Dr. John Story. He was the ıunder of the Lovell Bible Church nd had been the town's only phy- cian at one time. He delivered the abies and attended the dying. nd in a family practice spanning wenty-eight years, he allegedly lso raped two generations of /omen—approximately thirty vic- ims—during their gynecological xaminations.

Story, now sixty, was convicted in ıpril 1985 on two counts of rape, hree counts of assault and battery vith intent to rape, and one count of econd-degree sexual assault. He vas sentenced to fifteen to twenty /ears in prison but is free pending ıppeal. During the trial, it was re- /ealed that over the years, several of he women had filed reports about Story with the Lovell police department and the state board of medical examiners, but they had been ignored. Until the appointment of a new police chief and county prosecutor who were willing to act on the complaints, the doctor's victims lived in terror—each unaware that there were others like her.

There is no accurate count of the number of physicians around the country who sexually exploit their patients, but lawyers and medical experts assert that the problem is far more commonplace than people realize. "The crime is shockingly prevalent in the medical community," says Leonard Schroeter, a Seattle attorney who has represented several women who sued physicians for sexual abuse. "Women put their bodies, their psyches and their lives in their doctors' hands. If you're a sexual predator, you don't need much imagination to realize they're an easy mark."

Bryant Galusha, M.D., executive vice-president of the Federation of State *(continued on page 157)*

ENTERTAINING SUMMER-STYLE

By Jan Turner Hazard, Food and Equipment Editor

A brilliant sky, a light breeze and some good friends: That's the perfect formula for a summer party. Our two terrific menus—one casual, one elegant—and easy do-ahead schedules are sure to please the dinner guests as well as the hostess who wants to relax and join the party. Recipes begin on page 135.





CASUAL MENU

Sparkling Royale Punch
Green Chili Dip with Tortilla Chips
Trio of Stuffed Eggs
Grilled Cilantro-Lime Chicken
Tamale Pie
Cabbage-Pepper Slaw
Potato and Green Salad with Cumin Vinaigrette
Flatbread
Beer Iced Tea
Best-Ever Fudge Cake
Lemon Chiffon Ice Cream with Double Blueberry Sauce

Above, clockwise from top right: Sparkling Royale Punch, Green Chili Dip; Curried, Mustard and Pesto-Stuffed Eggs, Tortilla Chip Above right: Lemon Chiffon Ice Cream with Double Blueberry Sauce; Best-Ever Fudge Cake. Opposite, clockwise from top left: Tama Pie; Flatbread, Cabbage-Pepper Slaw, Grilled Cilantro-Lime Chicken, Potato and Green Salad with Cumin Vinaigrette.



ENTERTAINING SUMMER-STYLE

This sumptuous meal shows off summer's freshest flavors. The seasonal stars: a tropical toss of shrimp and golden papaya, creamy red pepper sauce, tender spears of just-picked asparagus, and luscious raspberry apricot tartlets.







ELEGANT MENU

Chicken Liver-Apple Mousse
Blue Cheese Dip
Crudités
Papaya Shrimp Salad
Riesling Wine
Roast Beef Tenderloin with Red Pepper Sauce
Savory White and Wild Rice
Oven-Steamed Asparagus
Pinot Noir Wine
Raspberry Apricot Tartlets
Coffee

Our elegant menu begins with a duo of classic delectables, top: Chicke Liver-Apple Mousse, Blue Cheese Dip, crudités. To follow, above left: P paya Shrimp Salad. The main feature, opposite: Roast Beef Tenderloi with Red Pepper Sauce, Oven-Steamed Asparagus and Savory White an Wild Rice. The finale, above: Raspberry Apricot Tartlets.



The Barbara Taylor Bradf

SHORT-ST



Here are the hands-down contest winners! Two prize stories, one from a renowned fiction writer, the other a most successful first attempt.

Amazing Grace

BY JANETTE TURNER HOSPITAL

WINNER OF THE $10,000 PROFESSIONAL PRIZE

I have always found that I have to make allowances. People need *me* to coddle *them*. It's not really their fault, I remind myself. They are afraid of strangers, and I, indeed, am very strange.

This is the way it is for *me*, I want to tell them. Consider an aquarium tank, I want to say; consider the comically vacuous way in which the goldfish open and close their mouths. You would, I feel tempted to point out, be very disconcerted if you could see your talking face the way I see it, have always seen it.

But I make allowances.

"You'll find the voice doesn't even strike you as odd after a couple of days," I say. "You'll find you take it for granted. Do you know, when I was in grade school I had a teacher with a harelip, and it seemed just right on him? It seemed so perfectly proper that when he had surgery to correct it, we children were quite upset."

They say *(continued on page 173)*

Y CONTEST



Both prizewinners—chosen from nearly nine thousand entries—are stories about strong women. Read them, and you'll see why they won

Joe Will Take Me Home

BY SHIRLEY NUNES

WINNER OF THE $5,000 AMATEUR PRIZE

My mother-in-law stopped eating in March. At first we thought it was the shock of being left in the rest home, but heaven knows, there was nothing else we could do with her. She'd had two strokes the previous year, and a heart attack at Christmas left her needing round-the-clock care. So the day she was released from intensive care, the doctor arranged for a bed at nearby Sunny Meadows Convalescent Hospital, and we drove her straight there.

"You folks did a dirty trick bringing me here," she hollered as we stood around her new bed, tears running down our faces.

My husband tried to put his arm around her, but she brushed him off.

"Joe will see I get out of here," she said. Joe was her eldest son, and he had been dead fifty years. "He won't stand for it. Joe will *(continued on page 178)*



here comes the SUN

Your best beach looks, plus how to get a perfect fit . . . and a fab tan!

Time to shine in a swimsuit that makes you look terrific! (Why settle for anything less?) Brunet Alison and blond Larisa show off the newest, sexiest summer stunners for every figure type . . . yours included. Here, Alison's racy turquoise suit—low, low armholes, high-cut neck—is an allover slimmer. Strategic color banding on Larisa's art-inspired print suit streamlines hips and thighs.

By Lois Joy Johnson, Beauty and Fashion Editor

OUR TRY-ON-ROOM CHECKLIST ASSURES A SLEEK, COMFORTABLE FIT.

- **BEND OVER. DOES SWIMSUIT RIDE TOO HIGH ON DERRIERE?**
- **TAKE A LONG, FULL-LENGTH LOOK. IS TH SUIT LOOSE WHERE IT SHOULD BE SNUG? O SO TIGHT IT CREATES BULGES?**
- **LEAN FORWARD TO CHECK FOR FALLOUT (THIS IS ESPECIALLY IMPORTANT IF YOU PLAN TO SWIM IN THE SUIT.)**
- **RELAX IN A CHAIR TO MAKE SURE THE SUIT DOESN'T BIND OR GAP AT THE CROTC**
- **RAISE YOUR LEG. DOES THE SUIT HIKE U DOES IT PULL AROUND HIPS, THIGHS?**
- **JOG IN PLACE, TWIST, STRETCH, BEND, T DETERMINE HOW SUIT WILL PERFORM WHE YOU ARE IN MOTION.**
- **RAISE ARMS ABOVE HEAD. DO STRAPS CUT INTO SHOULDERS?**
- **CONSIDER THE BIKINI AREA. IS IT TOO SKIMPY? DO YOU HAVE THE TIME TO SPEN ON FREQUENT WAXING OR SHAVING?**

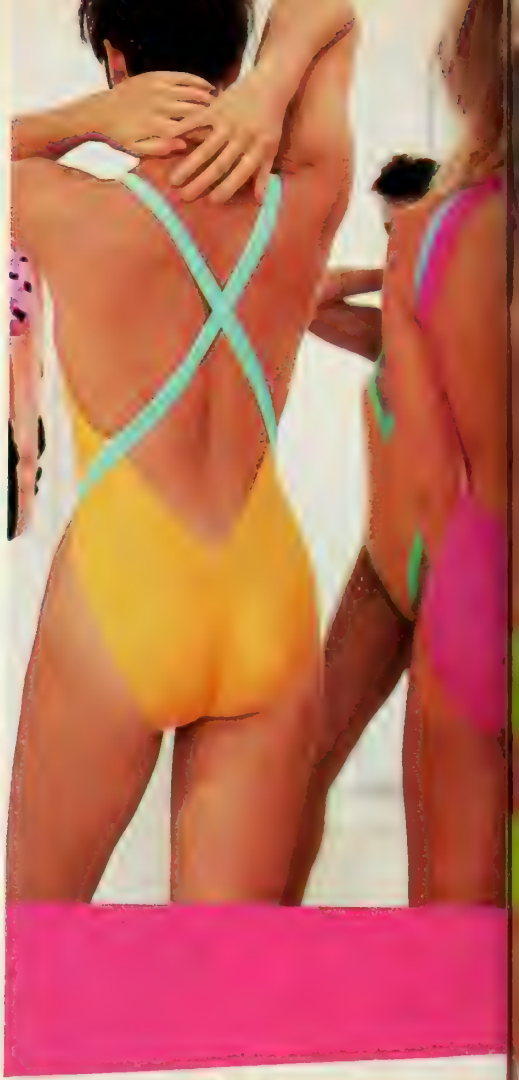


hair and makeup, pages 116–9, Cris Galjour for Pipino-Buceri N YC. All hair and makeup, ges 120–123, Mark Bennett hmias. Models, Alison Houtte of me, Larisa Fielding of Click. shion details, page 155.

"The best suits in years"

Right: Crisscross straps on Alison's two-toner play up a beautiful back, then wrap around to slim her torso. Larisa's is seductively bare behind, has a turtleneck front that makes more of a smallish bust. Below, right: For Alison, a star-struck three-piecer: a boned, bust-building bra and a flip of a miniskirt that camouflages thighs—over a teeny bikini bottom. For Larisa, a starry, supportive sports bra (great if you're chesty) and fifties-style bottom, cut straight across . . . very back to the future. Below: Larisa's yummy peach suit has a boned sweetheart top that highlights a ravishing bust line. Alison's sleek black is draped high at thighs for smoother curves.













Which do you like best?"

ove: With its second-skin fit, Larisa's thin slice of lime-green ık requires confidence, an almost perfect bod. Do you dare? ison's tank is kinder; the wild print baffles the eye, blurs dy flaws. Above right: Alison's in silver-sparked blue, shirred the back seam for a saucier, shapelier behind. Larisa's gerie-look bikini has a boned demi-bra . . . marvelous pport for a full bust. Below right: Fun and feminine, the flirty irt of Larisa's tropical print covers inner thighs. Alison's ack satin, fifties-reminiscent, has a halter bra to create eavage, a draped bottom that hides a round tummy.

Ross Whitaker



"White suits are terrific"

Two great tank suits in ever-flattering white . . . the most spectacular color with a tan. Larisa's has wide-set straps for good bust support, is made of stretchy waffle knit that stays opaque when wet (something to watch out for when you buy a white suit). Alison's has hourglass seaming, set off by buttons, that pulls the eye along with it, building beautiful curves.



"Do I look too sexy?"

Alison's suit of icy pink and black has a sleek racer's T-strap. The black bottom is almost as thinning as a diet! Larisa wears a sliver of cleverly cut extended halter, bosom-baring at the sides and completely backless. The bottom is draped to slim as it skims over hips and derriere.



Ross Whitaker

4-STEP TANNING PLAN

The foolproof, wrinkleproof way to a beautiful tan

Bet you thought you could never go out in the sun again, that those rays were just too damaging to your skin. The good news is that you *can* get a great-looking suntan, at any age, without harming your complexion. All it takes is a little forethought and a sun-protection plan tailor-made for you.

1 **FIND YOUR OWN SUSCEPTIBILITY. First impressions can be deceiving. If you are a fair-skinned blond, you may think you're a prime candidate for the lobster look. In fact, you may actually have more melanin than someone with darker skin and hair. So don't guess. See which of the three categories most closely fits you.**

- ***You burn easily, tan rarely if you have: blue or green eyes; thin, sensitive, see-through skin; fine lines; dry (or normal) skin and small pores***
- ***You burn minimally, tan gradually if you have: green or brown eyes; medium-thick skin; fine lines; normal (or combination) skin and medium pores***
- ***You tan easily, burn rarely if you have: dark brown or black eyes; thick, durable skin; few, if any, lines; oily complexion and large pores***

2 **DETERMINE YOUR OWN SUN SENSITIVITY. Sun susceptibility isn't everything. Say you tan easily and rarely burn. You still might suddenly become super sun-sensitive. Why? Because of a photosensitizing product (either taken internally or applied externally) that causes your skin to react when exposed to sunlight. Use the following checklist to see if you're at risk.**

- ***Antibacterial deodorant soaps containing halogenated salicylanilides (check ingredients on soap boxes)***
- ***Perfumes and colognes with bergamot, sandalwood, lavender or citron oils***
- ***Skin-bleaching creams***
- ***Tar-based shampoos and creams, medicated cosmetics, antiseptic creams or detergents***
- ***Antibiotics of the tetracycline family***
- ***Birth control pills***
- ***Sulfa drugs and sulfa derivatives***
- ***Some tranquilizers***
- ***Antidepressants***
- ***Antihistamines***

3 **CALCULATE THE SUN'S INTENSITY. Why do you tan beautifully sometimes and fry at other times, even though you're using the same product? Because different kinds of protection are required in different places at different times. Make sure you know when and where the sun is most damaging:**

- ***From late spring to midsummer, when the earth is closest to the sun***

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Between 11 A.M. and 3 P.M., when
sun is directly overhead
In high altitudes, where there is no
ze or pollution to filter out burning
/s and the air is less dense
Close to the equator: Radiation is
e and a half times as great in the
uthern U.S. as in the North
In dry air, which is transparent
the sun's rays. That's why the
n is more intense in the
sert or mountains

4 FIGURE OUT WHAT'S BEST FOR YOU

IF YOU...	ARE SUN-SENSITIVE	BURN EASILY, TAN RARELY	BURN MINIMALLY, TAN GRADUALLY	TAN EASILY, BURN RARELY
Without a proper sunscreen, you'll burn in this amount of time	*10 to 15 minutes*	*15 minutes*	*20 minutes*	*25 minutes*
Days 1 to 3 (to develop a base)	*Always wear a total block (an opaque sunscreen) or a product with SPF 15 to 23. Try to confine sunning to before 11 A.M. or after 3 P.M.*	*Using a sunscreen with SPF 15, you can be exposed to the sun up to 3 hours 30 minutes before you begin to burn*	*Using a sunscreen with SPF 10, you can be exposed to the sun up to 3 hours 30 minutes before you begin to burn*	*Using a sunscreen with SPF 8, you can be exposed to the sun up to 3 hours 30 minutes before you begin to burn*
After 3 days (to maintain your base)	*Same as above*	*SPF 8*	*SPF 8*	*SPF 6*
After 3 days (to get and maintain a darker color than the base color)	*Same as above*	*SPF 6*	*SPF 6*	*SPF 4*

Tips for quick summer microwave cooking

Crisp snacks
Restore soggy potato chips, pretzels, popcorn or crackers: Place single servings on paper plates or towels on Medium-High for one or two minutes.

Florets in a flash
Wrap small whole heads of cauliflower or broccoli in plastic wrap and cook on High for five minutes or until tender.

For corn lovers only
Roast a single ear of corn on the cob right in the husk on High three to six minutes, turning over once.

Too many tomatoes?
Make a batch of basic tomato sauce: Combine two pounds of peeled, seeded and chopped ripe tomatoes, two tablespoons olive oil, and a dash each of salt and pepper. Cook in two-quart casserole on High fifteen minutes, stirring four times.

PDQ barbecue

Microwaving meat and vegetables before placing them on the grill ensures evenly cooked kabobs

Best of the bounty

Vegetables keep their flavor and color in the microwave because they're cooked fast in little or no water

Excerpted from the book MASTERING MICROWAVE COOKERY, by Marcia Cone and Thelma Snyder. To be published in September by Simon and Schuster.

Hot tips for cool cooking

an't stand the heat? Get out of the kitchen! ou'll find the marvelous microwave specially handy now. It stays cool, and it ives you more time for iced tea on the orch. For great ways to make short work f seasonal favorites, turn to page 147.

y Marcia Cone and Thelma Snyder



Jam in a jiffy

The cream of summer's fresh strawberry and raspberry crops can be put up in less than half an hour

Ready, set, roast

Hot or cold, turkey's a great idea for a buffet or picnic, especially when it's ready to carve in about two hours

Bill Helms

Bring summer in

WELCOME THE SUNSHINE SEASON INTO YOUR HOME WITH EASY, AFFORDABLE TOUCHES-

SWEET SHERBET PASTELS... AIRY POSTERS... LOTS OF WHITE... AND FLOWERS, OF COURS

By Marilyn Diane Glass, Decorating and Design Editor





At last! The longest, lightest, loveliest days of the year are here. Why not adapt your surroundings to reflect the summery scenes outside your windows? Start by packing away anything dark or densely patterned. Replace with cool and cheery choices like our minty green-and-white-striped pillows, chintz curtains, raspberry lampshade and throw. Add a bright little rug, but leave most of the floor bare. Next, declutter. Knickknacks and bric-a-brac belong to winter. Tip: We topped a dark wood table with luminous milk glass. Final touches: Inexpensive posters of birds, trees, whatever makes your heart sing. And a profusion of flowers in outdoorsy clay pots. Now turn the page for ways to freshen up your bedroom and dining room as well.

Fabric for drapes, pillows and seat pads from Cowtan & Tout.* Rug, throw and appliquéd pillow from Sweet Nellie, A Country Store. Fruit bowls from Barneys New York. Coffee table from Lord & Taylor. Loveseat and end table from The Door Store. Top right: Lamp from Laura Ashley. Plate from Elizabeth Eakins. *Through decorators.

Keith Scott Morton








EUROPEAN PAINTINGS



Keith Scott Morton

Strip the bed of quilts, comforters, spreads—and remake with lacy white coverlet and pillow shams for an inviting warm-weather retreat. Windows get sheer white treatment, too, and the bedside table takes crisp cotton fabric plus a potted plant in bloom. On the wall, framed reproductions from museum shops. Whose works are most evocative of summer's magic? Look for Matisse, Cassatt, Avery and Caillebotte—like the prints in the charming gallery we've shown at left.

Just a few little fixes, and your dining room becomes a gazebolike setting, perfect for light lunches and salad sup- when it's just too hot for one e backyard barbecue. As in the g room, green and white stripes en chairs and windows, while a ery poster echoes the real thing soming on the table and bursting nstructured glory from pots on the r. Dispense with heavy linens, and the palest of dinnerware. Tip: Why augment your basic setting with in- nsive white ironstone salad plates, -glass goblets, translucent green- s dessert plates? Bon appétit!

sters, Poster Originals. Table and chairs, Howard n's French Country Store. Tabletop accessories, ys New York. Bed linens, Laura Ashley for Bur- n. Tablecloth, cachepot, cup and saucer, Barneys ork. Glass jars, Vito Giallo Antiques. Picture frame, Mediterranean Shop. Photographed at the home of Malandra. Details, page 155.





[illegible] way [illegible] the heat: Whip up one of our luscious summer treats—no oven required



Dick Frank





LEMON CHARLOTTE

No-Bake Desserts

KEEP YOUR COOL IN THE KITCHEN ALL SUMMER WITH THESE SWEET TEMPTATIONS. MAKE THEM WITH FRESH-AGED CAKES OR COOKIES. POP THEM IN THE FRIDGE AND SERVE CHILLED. RECIPES FOR STRAWBERRY TORTE AND THE OTHER DELIGHTS SHOWN, PLUS THESE FOR PEPPERMINT ICEBOX CAKE, COFFEE PRALINE TORTE AND ROCKY ROAD ICE CREAM CAKE, BEGIN ON PAGE 132.





continued from page 131

STRAWBERRY TORTE

pictured on pages 130–131

Spring for the more expensive wafers when you want to impress.

- 4 cups sliced strawberries
- 6 tablespoons confectioners' sugar, divided
- 1 cup brown-edge-wafer crumbs or vanilla-wafer crumbs
- 2 tablespoons butter, melted
- 1 cup heavy or whipping cream
- 1 teaspoon vanilla extract
- Grated chocolate, for garnish

Reserve 6 strawberry slices for garnish. In medium bowl combine remaining strawberries with 4 tablespoons sugar. Toss; let stand 30 minutes.

In small bowl combine wafer crumbs and butter. Press onto bottom of 6½-inch springform pan. Drain strawberries; arrange over crumbs. In mixer bowl beat cream until thickened. Add remaining 2 tablespoons sugar and vanilla; beat until very stiff peaks form. Spread two thirds of whipped cream over strawberries. Sprinkle with grated chocolate. With pastry bag fitted with medium star tube, pipe remaining whipped cream decoratively on top. Refrigerate 2 hours. To serve, remove sides of pan. Garnish with reserved strawberry slices. Makes 6 servings, 360 calories each.

GRAHAM CRACKER NAPOLEONS

pictured on page 130

These make delightful party treats for children and grown-ups alike.

Icing

- 2 tablespoons egg white
- ½ cup sifted confectioners' sugar
- ½ teaspoon vanilla extract
- ¼ teaspoon lemon juice
- Pinch salt

- 9 whole graham crackers, broken in 4 sections each
- 2 squares (1 oz. each) unsweetened chocolate, melted

Filling

- 1 package (3 oz.) cream cheese, softened
- 2 tablespoons butter, softened
- 1½ teaspoons vanilla extract, divided
- ¾ teaspoon lemon juice, divided
- 1¼ cups sifted confectioners' sugar

- 1 cup sliced almonds, toasted and coarsely crushed

Icing: In small bowl beat egg white until foamy. Gradually beat in sugar. Beat in vanilla, lemon juice and salt.

With small metal spatula, spread icing on 1 side of 12 graham cracker sections. Lay flat on wax paper. Spoon chocolate into heavy plastic storage bag. Holding bag like a pastry bag, snip a very small piece from corner and pipe 5 thin chocolate strips crosswise over each iced section. Lightly draw a toothpick lengthwise through icing 3 times, alternating direction of every other line (first from top to bottom, then from bottom to top, then from top to bottom). Let stand 20 minutes.

Filling: In mixer bowl beat cream cheese and butter until fluffy. Add vanilla and lemon juice; beat in sugar.

Spread thin layer of filling on remaining graham cracker sections and make 12 stacks of 2 sections each. Press a decorated section on top of each stack. Spread thin layer of filling on sides of each stack; coat with almonds. Let stand at room temperature at least 1 hour. Makes 12, 370 calories each.

GALAXY MOUSSE

pictured on page 131

Guaranteed to please—this dessert tastes like a giant Milky Way bar!

- 2 eggs, separated, at room temperature
- 1 cup milk
- 1 envelope unflavored gelatin
- ¾ cup sugar, divided
- ¼ cup unsweetened cocoa
- ¼ cup instant malted milk powder
- ½ cup heavy cream, whipped
- ½ cup graham cracker crumbs
- 2 tablespoons butter, melted
- ⅓ cup caramel or butterscotch ice-cream topping
- 4 squares (1 oz. each) semisweet chocolate, coarsely chopped
- 3 tablespoons butter
- ¼ cup milk
- 5 graham cracker sections, for garnish

In small bowl beat egg yolks with milk. In medium saucepan combine gelatin with ½ cup sugar; blend in milk mixture. Let stand 1 minute. Cook over low heat, stirring to dissolve gelatin, about 5 minutes. Whisk in cocoa and malted milk powder. Transfer to medium bowl and refrigerate, stirring occasionally, until mixture mounds when dropped from a spoon, about 35 minutes.

In mixer bowl beat egg whites until soft peaks form. Gradually add remaining ¼ cup sugar and beat until stiff peaks form. Fold into gelatin mixture, then fold in whipped cream. Spoon into an 8½x4½-inch loaf pan. In small bowl toss graham cracker crumbs with butter. Pat evenly over top. Refrigerate 1 hour, then freeze overnight.

Run a small sharp knife around edges of pan. Dip pan in warm water 10 seconds; invert loaf onto plate lined with wax paper. Top with caramel topping. Return to freezer.

In small pan melt chocolate with butter and milk, stirring. Cool 10 minutes. Dip a corner of each cracke glaze. Spread remaining glaze ove and sides of loaf. Freeze at least 15 utes or until ready to serve. Gar with graham crackers. Makes 12 s ings, 305 calories each.

CHOCOLATE BOURBON CAK

pictured on page 131

The flavor is intense enough to sa the most ardent chocoholics.

- 4 eggs, separated, at room temperat
- ¼ cup sugar
- 5 squares (1 oz. each) semisweet chocolate, melted and cooled
- 1 teaspoon vanilla extract
- 1 cup heavy cream, whipped
- 1 package (16 oz.) frozen pound cak
- 5 coconut macaroons, crumbled
- 1 tablespoon bourbon
- Chocolate curls, for garnish
- Fresh raspberries and mint, for garnish

Grease an 8-inch springform Sprinkle bottom and sides with su

In mixer bowl beat egg yolks sugar until thick and pale. Add ch late and vanilla; beat well. In ano mixer bowl beat egg whites until peaks form. Fold into chocolate mix with whipped cream.

Trim crust from pound cake. C inches off one end of cake; set t mings aside. With serrated knife, s cake horizontally into 4 layers. Spr one side of each layer with 1 tablesp chocolate mousse. Stack layers. into ½-inch slices and line sides of pared pan. (When sides are almost ered, use a knife to push cake sl together to fit as many as possib Trim cake even with rim of pan. bottom with remaining slices and s trimmings. Spoon half the remain chocolate mousse evenly into pan. frigerate cake and remaining mou 15 minutes.

In small bowl crumble remain trimmings; combine with macaro and bourbon. Sprinkle over cake. with mousse. Refrigerate at leas hours or overnight. To serve, rem sides of pan. Garnish with choco curls, raspberries and mint lea Makes 12 servings, 365 calories eac

LEMON CHARLOTTE

pictured on page 130

The secret is instant pudding, enhan by freshly grated lemon peel.

- ⅓ cup amber rum
- 2⅓ cups milk, divided
- 1½ packages (3 oz. each) ladyfingers split
- 2 teaspoons unflavored gelatin
- ¼ cup water
- 1 package (3¾ oz.) lemon-flavored instant pudding

(continu

ntroducing New, Improved All Natural Manwich®.

They loved it before. Now they'll love it even more.

Now Manwich is 100% natural... and it tastes even better. It's still thick with tomatoes, chunks of crisp bell peppers and onions, and seasoned to perfection. Just add it to your own fresh ground beef and you'll have one nutritious meal they've always loved.

Just brown some ground beef and Have a Manwich Night.®



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They'll Flip Over the Taste!

It's a little sweet, it's a little tart and *very* summery—Frozen Citrus Pie!

Keebler® graham cracker Ready-Crust® pie crust gives it a light, sweet taste and a delicate crunch—a taste you just can't get from a pastry crust.

Try Frozen Citrus Pie tonight—one taste and they'll flip!

NO-BAKE DESSERTS
continued

1 teaspoon grated lemon peel
1½ cups heavy or whipping cream, divided
½ pint raspberries, for garnish

In small bowl combine rum and ⅓ cup milk; brush on ladyfingers. Line a 9x5x3-inch loaf pan with plastic wrap or wax paper. Cover bottom and sides with some of the ladyfingers, cut sides in. In small saucepan sprinkle gelatin over water. Stir constantly over low heat until dissolved. In large bowl prepare pudding according to package directions, using remaining 2 cups milk. Stir gelatin and lemon peel into pudding. In mixer bowl beat 1 cup cream until soft peaks form. Fold into pudding. Pour into prepared pan and top with remaining ladyfingers. Cover and refrigerate overnight. In mixer bowl beat remaining ½ cup cream until stiff peaks form. Unmold cake onto serving platter; garnish with whipped cream and raspberries. Makes 10 servings, 205 calories each.

PEPPERMINT ICEBOX CAKE

A dream of a dessert—easy, delicious, and only three ingredients!

½ cup crushed peppermint candy (about 4 oz.)
2 cups heavy cream, whipped
1 package (8½ oz.) chocolate wafers

In large bowl fold candy into whipped cream. Spread one side of each cookie with peppermint cream (will use about half the mixture; reserve remaining). Make 2 equal stacks of cookies. On serving plate arrange stacks on sides, parallel to each other. Frost with remaining whipped cream. Refrigerate 4 to 6 hours. To serve, slice diagonally. Makes 12 servings, 240 calories each.

COFFEE PRALINE TORTE

This dessert is sure to become one of your all-time favo

2 cups heavy or whipping cream
¼ cup coffee liqueur
2 packages (6¾ oz.) Bordeaux cookies
⅓ cup chopped pecans, toasted

In mixer bowl beat cream until soft peaks form. Add c liqueur and beat until stiff peaks form.

In bottom of 8-inch springform pan arrange 9 w cookies and 1 or 2 broken cookie pieces. Spread on a gene ¾ cup whipped cream. Repeat layering 4 more times. Re erate 4 hours. Remove sides of pan and press pecans sides of torte. Makes 16 servings, 215 calories e

ROCKY ROAD ICE CREAM CAKE

A cookie and ice cream cake that lies in wait in the fre

2 packages (5½ oz. each) brownie chocolate nut cookies
2 quarts rocky road ice cream, softened
1 jar (7 oz.) marshmallow cream
¼ cup chocolate syrup

Line bottom of a 9-inch springform pan with wax paper. aside 12 cookies. Crush remaining cookies and sprinkle the crumbs in bottom of pan. Top with half the ice cre Arrange reserved cookies around edge of pan, pressing ice cream. Repeat layering with remaining crumbs and cream. Spoon marshmallow cream on top; drizzle with sy Freeze overnight. Soften in refrigerator 30 minutes. To se remove sides of pan. Makes 10 to 12 servings, 475 calo each per 10, 400 calories each per 12.

Frozen Citrus Pie

1 can (6 fl. oz.) lemonade frozen concentrate
1 pint vanilla ice cream, softened
3½ cups thawed whipped topping
Yellow food coloring, if desired
1 Keebler® Ready-Crust® graham cracker pie crust

Place concentrate in large mixing bowl and beat about 30 seconds. Gradually spoon in ice cream and blend. Fold in whipped topping and add food coloring (if desired), whipping until smooth. Freeze if necessary, until mixture will mound. Spoon into pie crust. Freeze until firm, at least 4 hours. Store any leftover pie in freezer.

Look for Ready-Crust®
in the baking-
needs aisle



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ERTAINING SUMMER-STYLE

continued from page 113

SUAL MENU FOR SIXTEEN

recipes pictured on pages 110–111

Sparkling Royale Punch
Green Chili Dip
with
Tortilla Chips
Trio of Stuffed Eggs
Grilled Cilantro-Lime Chicken
Tamale Pie
Cabbage-Pepper Slaw
Potato and Green Salad
with
Cumin Vinaigrette
Flatbread
Beer Iced Tea
Best-Ever Fudge Cake
Lemon Chiffon Ice Cream
with
Double Blueberry Sauce

SHOPPING LIST

hickens (2½–3 lbs. each), cut up
ounds ground beef
ound chorizo sausage
ound butter
ints heavy or whipping cream
int sour cream
unces Parmesan cheese
ound sharp Cheddar cheese
uart half and half cream
lozen eggs
ulb garlic
2 red onions
2 bunches green onions
2 green peppers
3 yellow peppers
2 pounds red cabbage
1 pound savoy cabbage
1 pound carrots
2 bunches arugula
6 pounds small new potatoes
1 pound green beans
1 cucumber
1 bunch parsley
1 bunch basil
2 bunches cilantro
1 bunch thyme (or dried)
2 heads romaine lettuce
2 heads red leaf lettuce
11 lemons
2 oranges
2 dozen limes
2½ pints blueberries
1 pint strawberries
3 bags tortilla chips
3 jars pine nuts (pignoli)
2 cans (4 oz. each) chopped green chilies
1 bottle champagne vinegar or white wine vinegar
1 jar chutney
2 boxes (8 oz. each) unsweetened chocolate
1 small bottle crème de cassis
2 bottles (750 ml each) dry sparkling white wine
1 package (16 oz.) frozen corn kernels
1 can (16 oz.) red kidney beans
1 jar Mexican oregano
2 packages active dry yeast

STAPLES TO HAVE ON HAND

All-purpose flour
Yellow cornmeal
Sugar
Salt and pepper
Confectioners' sugar
Dry mustard
Celery seed
Ground red pepper
Curry powder
Paprika
Chili powder
Red pepper flakes
Mustard seed
Cumin
Red wine vinegar
Whole cloves
Nutmeg
Coarse salt
Salad oil
Olive oil
Cornstarch
Baking soda
Vanilla extract
Milk
Mayonnaise
3 yellow onions
1 can (16 oz.) tomato sauce
1 can (6 oz.) tomato paste
Beer
Tea

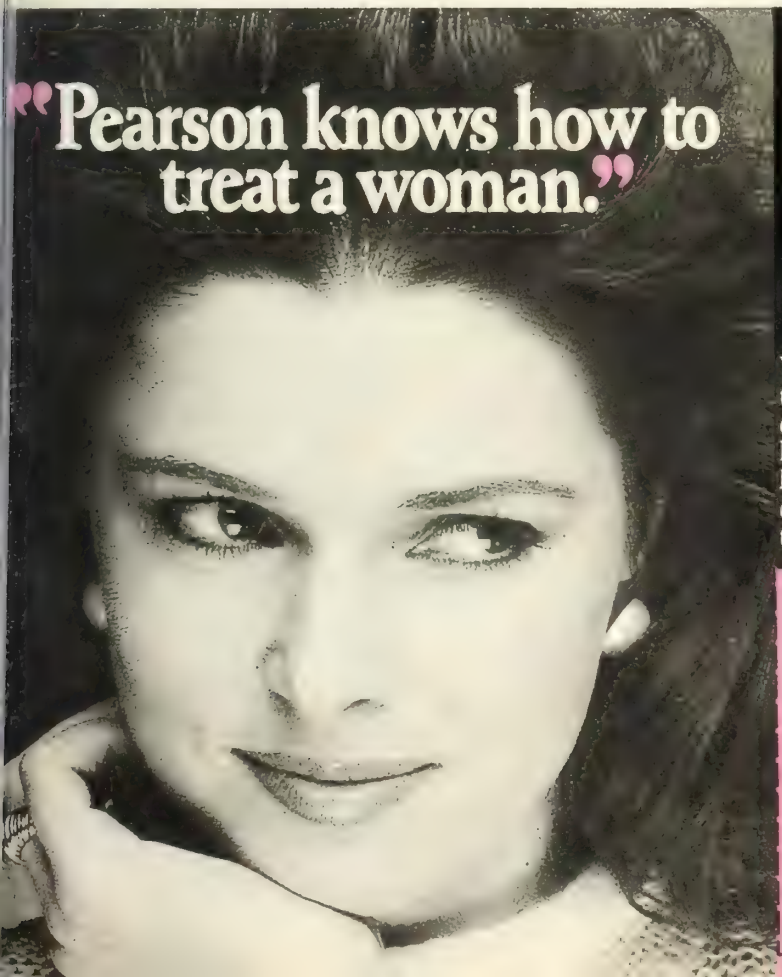
SCHEDULE

Up to one month ahead:
1. Invite guests.
2. Buy nonperishable items, wine and liquor.

Up to 2 weeks ahead:
Make and freeze two flatbreads, tamale pie (without cornmeal topping) and fudge cake (without frosting).

2 days before:
1. Buy remaining ingredients.
2. Cook potatoes for potato salad. Make vinaigrette; toss with potatoes and mayonnaise.
3. Make and freeze ice cream.
4. Squeeze limes for punch. *(continued)*

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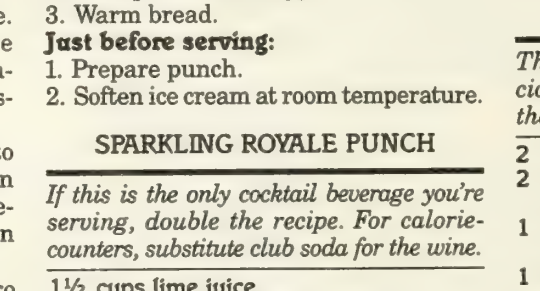
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ENTERTAINING SUMMER-STYLE

continued

5. Make fruit cubes for punch.
6. Cook eggs for stuffed eggs; do not peel. Cover and refrigerate.

One day before:

1. Make chili dip; cover and refrigerate.
2. Shred cabbages and carrots; cube peppers for coleslaw; wrap each separately and refrigerate. Prepare dressing and refrigerate separately.
3. Wash and tear greens for potato salad. Slice cucumber and green onions; wrap each separately and refrigerate. Trim and blanch green beans; cover and refrigerate.
4. Spread garlic mixture and cilantro sprigs under chicken skin; cover and refrigerate.
5. Make blueberry sauce; refrigerate.
6. Thaw tamale pie in refrigerator overnight.

Morning of party:

1. Thaw fudge cake; prepare frosting and frost cake. Keep at room temperature.
2. Peel eggs; prepare stuffings and fill eggs. Cover and refrigerate.

4 hours before serving:

Finish coleslaw; cover and refrigerate.

1 hour before serving:

1. Prepare grill or preheat broiler. Prepare cilantro butter for chicken.
2. Prepare cornmeal topping for tamale pie; spread over filling and bake.
3. Finish potato and green salad; keep at room temperature.

30 minutes before serving:

1. Grill chicken.
2. Assemble platter with dip and tortilla chips. Garnish eggs.
3. Warm bread.

Just before serving:

1. Prepare punch.
2. Soften ice cream at room temperature.

SPARKLING ROYALE PUNCH

If this is the only cocktail beverage you're serving, double the recipe. For calorie-counters, substitute club soda for the wine.

- 1½ cups lime juice
- 1 cup crème de cassis
- ¾ cup sugar
- 2 bottles (750 ml each) dry sparkling white wine, chilled

Fruit cubes

- 1 orange, sliced and quartered
- 1 lemon, sliced and quartered
- 12 strawberries

Fresh citrus slices, for garnish
Whole strawberries, for garnish

In medium bowl combine lime juice, cassis and sugar. Stir until sugar dissolves. Just before serving, pour lime juice mixture, wine and fruit cubes into punch bowl. Garnish with fresh citrus slices and strawberries, if des Makes sixteen 5-ounce servings, a 165 calories each.

Fruit cubes: In each section of tw cube trays place a piece of fruit with water and freeze.

GREEN CHILI DIP

This is the dip for summer '86. It's cious, different and goes so well the popular Tex-Mex flavors.

- 2 large green peppers
- 2 cans (4 oz.) chopped green chilies, drained
- 1 tablespoon finely chopped red onion
- 1 small garlic clove, minced
- 1 tablespoon chopped fresh cilantro
- 1 cup sour cream
- Salt

Preheat broiler. On cookie sheet peppers as close to heat source as p ble until charred on all sides, tur often, about 5 to 10 minutes. Tran to a bag or towel until cool enoug handle. Peel off charred skin. Cu half lengthwise. Remove seeds membrane; dice. In medium bowl c bine peppers with remaining ingr ents. (*Can be made ahead. Cover refrigerate up to 24 hours.*) Serve tortilla chips. Makes 2¼ cups; 15 c ries per tablespoon.

TRIO OF STUFFED EGGS

oesn't matter how many of these you ie—you'll run out. The pesto is dly flavored with basil, the curry tly sweetened with chutney, the stard enhanced by onion and celery l. Make all three—they're winners.

o Eggs

3 hard-cooked eggs, halved
3 cup basil leaves
4 cup mayonnaise
2 tablespoons butter, softened
2 tablespoons grated Parmesan cheese
2 teaspoons pine nuts (pignoli)
1 small garlic clove, quartered
3 tablespoons warm water
Pine nuts, for garnish

blender or food processor combine yolks, basil, mayonnaise, butter, mesan, pine nuts and garlic; puree il smooth. With machine on, add m water. Taste for seasoning, ling salt if needed. With pastry bag spoon, fill egg white halves. (*Can be de ahead. Cover and refrigerate up 8 hours.*) Garnish with additional e nuts. Makes 16, 90 calories each.

ried Eggs

8 hard-cooked eggs, halved
¼ cup mayonnaise
2 tablespoons sour cream
1 tablespoon chutney
½ teaspoon curry powder
¼ teaspoon salt
¼ teaspoon freshly ground pepper
Paprika, for garnish

In blender or food processor combine egg yolks, mayonnaise, sour cream, chutney, curry, salt and pepper; puree until smooth. With pastry bag or spoon, fill egg white halves. (*Can be made ahead. Cover and refrigerate up to 8 hours.*) Sprinkle with paprika. Makes 16, 70 calories each.

Mustard Eggs

8 hard-cooked eggs, halved
⅓ cup mayonnaise
2 tablespoons sour cream
1 teaspoon grated onion
¼ teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon celery seed
⅛ teaspoon ground red pepper
Parsley sprigs, for garnish

In blender or food processor combine egg yolks, mayonnaise, sour cream, onion, mustard, salt, celery seed and red pepper; puree until smooth. With pastry bag or spoon, fill egg white halves. (*Can be made ahead. Cover and refrigerate up to 8 hours.*) Garnish with parsley. Makes 16, 75 calories each.

GRILLED CILANTRO-LIME CHICKEN

We found the best way to get flavor into chicken—by slipping the seasonings under the skin.

1 tablespoon chopped garlic
Salt and freshly ground pepper
1 tablespoon grated lime peel
3 chickens (2½ to 3 lbs. each), cut into 8 pieces each
24 large sprigs cilantro
¾ cup butter or margarine, melted and cooled
6 tablespoons olive oil
6 tablespoons chopped cilantro

With mortar and pestle or flat side of large knife on cutting board, mash garlic, 1 teaspoon salt and ½ teaspoon pepper to a paste. Combine with lime peel. Spread under skin of each chicken piece; tuck in cilantro sprigs. (*Can be made ahead. Refrigerate up to 24 hours.*)

Prepare grill or preheat broiler. Sprinkle chicken with salt and pepper. In small bowl combine butter or margarine, olive oil and chopped cilantro. Brush some lightly on chicken. Grill or broil 20 to 30 minutes, turning every 10 minutes and brushing with additional cilantro butter. Makes 24 servings, about 235 calories each. *(continued)*



CABBAGE-PEPPER SLAW

Savoy cabbage is veiny-leafed and sweet –if you can't find it, use green cabbage.

Dressing

- ½ cup champagne vinegar or white wine vinegar
- ¼ cup water
- ⅓ cup sugar
- 2 teaspoons red pepper flakes
- 2 teaspoons fresh thyme or ¾ teaspoon dried
- 2 garlic cloves, mashed
- 2 whole cloves
- 1 teaspoon mustard seed

- 2 pounds red cabbage, shredded
- 1 pound savoy cabbage, shredded
- 1 pound (6 medium) carrots, shredded
- 2 large bunches arugula (about 4 cups packed), chopped
- 3 yellow peppers, cubed
- 1 medium red onion, julienned
- 2 teaspoons salt
- ½ cup sour cream
- ¼ cup salad oil

Dressing: In small saucepan bring all ingredients to a simmer over medium heat. Simmer 5 minutes; cool. Remove cloves. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*



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In large bowl combine vegetabl Toss with salt. Remove garlic fr dressing; mince and toss with vege bles. In medium bowl whisk dress with sour cream and oil. Pour over sl and toss. *(Can be made ahead. Refrig ate up to 4 hours.)* Makes 16 to 20 se ings, 100 calories each per 16, 80 ca ries each per 20.

POTATO AND GREEN SALAD WITH CUMIN VINAIGRETTE

This salad is best served at room te perature, even if you make it ahead.

Cumin Vinaigrette

- 1 cup olive oil
- 1 cup salad oil
- 1 cup red wine vinegar
- 1½ cups finely diced red onion
- 5 teaspoons cumin
- 5 teaspoons salt

- 6 pounds new potatoes
- 1 cup mayonnaise
- ½ cup chopped parsley
- 1 pound green beans, trimmed
- 2 heads romaine lettuce, cut crosswise into 1-inch strips
- 2 heads red leaf lettuce, torn into bite-size pieces
- 1 cucumber, sliced
- 2 bunches green onions, cut into 3-inch pieces

Vinaigrette: In large jar with tight- ting lid combine all ingredients; sha well. *(Can be made ahead. Refriger up to 2 days. Shake well before using*

In large Dutch oven cover potat with salted cold water. Bring to a b and cook until tender, 20 to 30 minut Drain. Transfer to a large bowl a mash lightly with fork. While war toss with 1⅔ cups vinaigrette; cool. S in mayonnaise and parsley. *(Can made ahead. Cover and refrigerate up 2 days. Let stand at room temperatur hour before serving.)* On steamer ra steam green beans covered 8 minut or until tender-crisp. Rinse under co water; cool. In large bowl combine l tuces. Pour on remaining dressin toss. With tongs transfer to a lar salad bowl. Add beans, cucumber a green onion to vinaigrette remaini in bowl; toss. Spoon potato salad in center of greens. Arrange beans, c cumber and green onion around pota salad. *(Can be made ahead. Let stand room temperature up to 1 hour.)* Mak 16 to 20 servings, 465 calories each p 16, 370 calories each per 20.

FLATBREAD

This bread is delicious with thyme or ev a mixture of herbs. If you use oregar try the Mexican variety for added flav

- 1 package active dry yeast
- 1 cup warm water (105°F.–115°F.)

(continue



Sí! how easy nchiladas can be.

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Velveeta Mexican Process Cheese Spread uses jalapeño peppers and a special blending of natural cheeses for a taste that makes it easy to turn your meal into a real fiesta.

Enchiladas Acapulco

- 1 lb. ground beef
- 1 8-oz. can tomato sauce
- ¾ cup chopped green pepper
- 1 8¾-oz. can kidney beans, drained
- ½ lb. VELVEETA Mexican Pasteurized Process Cheese Spread, cubed
- 8 6-inch tortillas
- Oil
- ½ cup chopped tomato

Brown meat; drain. Add tomato sauce and ½ cup peppers; cook over medium heat 5 minutes, stirring occasionally. Add beans and ¼ lb. process cheese spread; continue cooking until process cheese spread is melted. Dip tortillas in hot oil; drain. Fill each tortilla with ¼ cup meat mixture; roll up. Place, seam side down, in 12 x 8-inch baking dish. Top with remaining meat mixture; cover. Bake at 350°, 20 minutes. Top with remaining process cheese spread; continue baking uncovered 5 to 8 minutes or until process cheese spread is melted.
Top with remaining peppers and tomatoes.
4 servings.

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Todd and Terry Muir, country inn cooks

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SERVE THE RECIPES OF THE BEST COUNTRY INNS.

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ENTERTAINING SUMMER-STYL

continued

- 3¼ to 3½ cups all-purpose flour
- ½ cup olive oil, divided
- 1 teaspoon table salt
- 1½ teaspoons coarse salt
- 1 teaspoon Mexican oregano
- ¼ teaspoon freshly ground pepper

In large mixer bowl dissolve yeast warm water. Add 2 cups flour, 5 tab spoons oil and table salt. Beat 2 mi utes at low speed. Add 1 cup flour; be at medium speed 3 minutes. On light floured surface, knead dough 3 to minutes until smooth and elast adding flour as needed.

Place dough in lightly oiled bo turning to grease top. Cover and let ri in warm, draft-free place until doubl in bulk, 45 to 50 minutes. Punch dou down. Knead slightly and let rest minutes. Oil a 15x10½-inch jelly-r pan. Roll dough to fit pan. Brush wi remaining oil and sprinkle with coar salt, oregano and pepper. Cover and l rise 30 to 40 minutes.

Preheat oven to 450°F. Bake 20 mi utes, until golden brown. Remove fro pan immediately and serve warm. (*Co be made ahead. Cool; wrap in plas wrap. Freeze up to 2 weeks. Unwrap a reheat in 350°F. oven about 15 minute*s Cut into 3x2-inch pieces. Makes pieces, 135 calories each.

TAMALE PIE

The perfect covered dish for a potluc Chorizo sausage provides great flavor definitely worth seeking out.

- 4 ounces chorizo sausage, skins removed, diced
- 2 tablespoons salad oil, divided
- 2 pounds ground beef
- 2 medium onions, chopped fine
- 2 large green peppers, diced
- 2 teaspoons minced garlic
- ¼ cup chili powder
- 1 teaspoon salt
- ½ teaspoon ground red pepper
- ½ teaspoon freshly ground black pepper
- 1 package (16 oz.) frozen corn kernels, thawed
- 1 can (16 oz.) red kidney beans, drained and rinsed
- 1 can (4 oz.) chopped green chilies, drained
- 1 can (16 oz.) tomato sauce
- 2 tablespoons tomato paste

Topping

- 1½ cups yellow cornmeal
- 1 teaspoon salt
- 4 cups cold water
- 2 tablespoons butter or margarine
- 1 cup (about 4 oz.) shredded sharp Cheddar cheese

Preheat oven to 400°F. In small sauce pan bring 2 cups water to a boil. Ad chorizo and cook 5 minutes. Drain an

aside. In large saucepot or Dutch
n heat 1 tablespoon oil. Add ground
f in 2 batches and cook over me-
m-high heat until browned. Drain
combine with chorizo. To same
epot add remaining oil; saute
ons, green peppers and garlic until
ened, stirring occasionally. Add
i powder, salt, red and black pepper;
k 1 minute. Return beef and chorizo
saucepot; add remaining ingredi-
s. Cover and simmer 20 minutes.
nsfer to a 3½-quart shallow casse-
. *(Can be made ahead. Cool com-*
ely. Cover tightly and freeze up to 2
ks. Thaw in refrigerator overnight.)
ping: In large saucepan combine
nmeal, salt and water. Bring to a
l over medium heat, stirring con-
ntly. Cook 1 to 2 minutes, until thick-
ened. Remove from heat and stir in butter and cheese until melted. Spread over meat filling. Bake pie 50 to 60 minutes, until heated through. Let stand 10 minutes before serving. Makes 16 to 20 servings, 280 calories each per 16, 225 calories each per 20.

BEST-EVER FUDGE CAKE

If there is only one chocolate cake in your repertoire, this should be it. The key to the creamiest frosting ever: adding egg yolk.

- 1½ cups all-purpose flour
- 1½ teaspoons baking soda
- ¼ teaspoon salt
- 1 cup milk
- ¼ cup sour cream
- 2 teaspoons vanilla extract
- ½ cup butter, softened
- 2 cups sugar
- 3 eggs
- 5 squares (1 oz. each) unsweetened chocolate, melted and cooled slightly

Frosting

- 5 squares (1 oz. each) unsweetened chocolate
- 6 tablespoons butter, divided (no substitutions)
- 2½ cups sifted confectioners' sugar
- ½ cup warm milk
- 1 egg yolk
- 1 teaspoon vanilla extract

Preheat oven to 350°F. Grease a 13x9-inch baking pan. Line bottom with wax paper. Grease paper; set aside.

In small bowl combine flour, baking soda and salt. In another *(continued)*



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10202

Beatrice

ENTERTAINING SUMMER-STYLE
continued

small bowl combine milk, sour cream and vanilla. Set aside.

In mixer bowl cream butter. Gradually add sugar and beat until well mixed, about 3 minutes. Add eggs one at a time, beating well after each addition. Beat until light and fluffy. Gradually add chocolate, beating until smooth. Add flour mixture alternately with milk mixture, beginning and ending with flour. Mix until well blended. Pour evenly into prepared pan.

Bake 45 to 50 minutes, until toothpick inserted in cake comes out clean. Cool in pan on wire rack 10 minutes. Invert onto wire rack; peel off wax paper. Invert again and cool completely on rack. *(Can be made ahead. Wrap cooled cake in plastic wrap. Freeze up to 2 weeks. Thaw wrapped at room temperature.)* *Frosting:* In small saucepan melt chocolate and 5 tablespoons butter over low heat. Transfer to a mixer bowl. Add sugar alternately with milk, beating well after each addition. Beat in egg yolk and vanilla. Beat in remaining 1 tablespoon butter. Frost top and sides of cake. *(Can be made ahead. Cover frosted cake loosely up to 12 hours.)* Makes 20 servings, 335 calories each.

LEMON CHIFFON ICE CREAM

Making ice cream at home is always gratifying—especially when the result is as luscious as this.

- 4 cups half and half cream
- 4 cups heavy or whipping cream
- 2 cups sugar
- 4 teaspoons grated lemon peel
- 1 cup fresh lemon juice
- Fresh Double Blueberry Sauce (recipe follows)

In large saucepan combine creams and sugar; bring to a boil. Remove from heat; stir in lemon peel. Refrigerate overnight. Stir in lemon juice. Transfer to a 4-quart ice-cream maker and freeze according to manufacturer's directions. *(Can be made ahead. Freeze up to 2 days. Soften in refrigerator 30 minutes before serving.)* Serve with sa
Makes 16 to 20 servings, 390 calo
each per 16, 310 calories each per 2

FRESH DOUBLE BLUEBERRY SAUCE

The secret of a chunky sauce: stirrin some of the whole berries after cook

- ⅔ cup sugar
- ⅓ cup water
- 1 tablespoon cornstarch
- ¾ teaspoon grated lemon peel
- ⅛ teaspoon nutmeg
- ⅛ teaspoon salt
- 5 cups blueberries, divided
- 1 tablespoon lemon juice

In medium saucepan combine sug
water, cornstarch, lemon peel, nutm
and salt. Stir in 2½ cups blueberr
Bring to a boil over medium heat, s
ring occasionally; simmer 1 minu
Remove from heat and stir in rema
ing 2½ cups blueberries and lem
juice. *(Can be made ahead. Cover a
refrigerate up to 24 hours.)* Makes
cups, 15 calories per ¼ cup.

ELEGANT MENU FOR EIGHT TO TEN

All recipes pictured on pages 112–113

Chicken Liver–Apple Mousse
Blue Cheese Dip
Crudités
Papaya Shrimp Salad
Riesling Wine
Roast Beef Tenderloin with Red Pepper Sauce
Savory White and Wild Rice
Oven-Steamed Asparagus
Pinot Noir Wine
Raspberry Apricot Tartlets
Coffee

SHOPPING LIST

- 1 beef tenderloin, trimmed (about 4 lbs.)
- 1 pound chicken livers
- 1½ pounds medium shrimp, shelled and deveined
- ½ pound butter
- ½ pound unsalted butter
- 1 pint heavy or whipping cream
- 1 pint sour cream
- 1 container (8 oz.) crème fraîche
- 1 package (8 oz.) cream cheese
- ¼ pound blue cheese
- ½ pound shallots
- 1 small red onion
- 2 pounds asparagus
- 1 head romaine lettuce
- Assorted vegetables for crudités
- 5 red peppers
- 3 avocados
- 1 bunch parsley
- 1 bunch cilantro
- 1 jalapeño pepper (optional)
- 1 medium green apple
- 2 papayas
- 2 pints raspberries
- 8 apricots
- 1 lime
- 1 box (8 oz.) wild rice
- 1 box (8 oz.) semisweet chocolate
- 1 jar (1.5 oz.) juniper berries
- 2 miniature bottles framboise

STAPLES TO HAVE ON HAND

All-purpose flour	Sage
Sugar	Thyme
Long-grain rice	Cognac or brandy
Salad oil	Dry marsala wine
Salt and pepper	Coffee
Garlic	Ground red pepper

SCHEDULE

Up to one month ahead:
1. Invite guests.
2. Buy nonperishable ingredients, wine and liquor.

Up to 1 week ahead:
1. Make tartlet shells and brush with chocolate; wrap and freeze.
2. Make red pepper puree for sauce; cover and freeze.

2 days before:
1. Buy remaining ingredients.
2. Make liver mousse and blue cheese dip; cover and refrigerate.

One day before:
1. Trim asparagus and vegetables for crudités; wrap tightly and refrigerate.
2. Cook shrimp, cool and chop. Cover tightly and refrigerate.
3. Make avocado dressing for salad; cover tightly and refrigerate.
4. Prepare rice; cover and refrigerate.
5. Thaw red pepper sauce in refrigerator overnight.
6. Set table and set up bar.

Morning of party:
1. Thaw tartlet shells at room temperature.
2. Arrange crudités and dip in serving dishes; cover and refrigerate.
3. Remove beef tenderloin from refr
erator.

4 hours before serving:
Roast the beef tenderloin.

2 hours before serving:
1. Remove rice from refrigerator.
2. Assemble papaya shrimp sal
cover and refrigerate.
3. Make flavored whipped cream
tartlets. Assemble tartlets; refrigera

30 minutes before serving:
Bake rice and asparagus.

CHICKEN LIVER-APPLE MOUSS

*In addition to serving this with t
usual crackers and assorted vegetabl
try sliced apples, too.*

- 4 tablespoons butter, divided
- ⅓ cup chopped shallots
- 4 juniper berries
- ½ teaspoon sage
- 1 medium green apple, peeled, cored and sliced thin
- 1 pound chicken livers, trimmed
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons cognac or brandy
- ¼ cup dry marsala wine
- ¼ cup heavy or whipping cream

In large saucepan melt 2 tablespoo
butter over medium heat. Add shallo
juniper berries and sage; saute un
softened. Add sliced apple and cook
minutes, stirring occasionally, un
tender. Add livers, salt and pepp
saute until livers are browned but st
pink in center. Add cognac or bran
and ignite; let flame die out. Add ma
sala. Reduce heat; cover and simmer
to 4 minutes, until liquid *(continue*



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TERTAINING SUMMER-STYLE
continued

kens. Transfer livers to a medium l and cool to room temperature.
ı food processor or blender process rs with remaining butter until oth. With machine on, gradually r in cream until blended. Transfer serving dish and cover with plastic p. Refrigerate at least 2 hours or night. *(Can be made ahead. Cover refrigerate up to 2 days.)* Makes 2 s, 60 calories per tablespoon.

BLUE CHEESE DIP

find the easiest way to mash the garis to use either a mortar and pestle or flat side of a chef's knife.

package (8 oz.) cream cheese, softened
ounces blue cheese, crumbled
tablespoons butter, softened
cup sour cream
small garlic clove, mashed to a paste
tablespoons heavy or whipping cream

food processor with steel blade or all mixer bowl combine cream eese, blue cheese, butter, sour cream d garlic; blend until smooth. With achine on, pour in cream and blend ll. Transfer to a serving bowl and er with plastic wrap. Refrigerate at ast 2 hours or overnight. *(Can be ade ahead. Cover and refrigerate up 2 days.)* Makes 2 cups, 50 calories r tablespoon.

PAPAYA SHRIMP SALAD

ıe contrasting sweetness of shrimp, ng of papaya and hotness of jalapeño e all balanced by creamy avocado.

ocado Dressing

¾ cup sour cream
¾ cup mashed avocado
3 tablespoons lime juice
1 teaspoon salt

½ pounds medium shrimp, peeled and deveined
1 papaya, peeled, seeded and chopped
1 avocado, peeled and chopped
1 jalapeño pepper, chopped fine (optional)
2 tablespoons finely chopped red onion
1 tablespoon finely chopped cilantro
Romaine lettuce leaves
Sliced papaya, for garnish
Cilantro leaves, for garnish

Dressing: In medium bowl combine all ngredients. *(Can be made ahead. Refrigerate up. to 24 hours.)* Makes 1½ ups, about 55 calories per tablespoon.

In medium saucepan bring 1½ quarts alted water to a boil. Add shrimp and ook 2 to 3 minutes, until shrimp just urns pink; drain. Reserve 8 to 10 shrimp for garnish. Cool and chop remaining shrimp coarsely. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* In large bowl combine shrimp, papaya, avocado, jalapeño, onion and cilantro. On each serving dish arrange ½ cup salad on a romaine lettuce leaf. Fan papaya slices on one side; top with a reserved shrimp and a cilantro leaf. *(Can be made ahead. Cover and refrigerate up to 2 hours.)* Serve with dressing. Makes 8 to 10 servings, 95 calories each per 8 without dressing; 75 calories each per 10.

ROAST BEEF TENDERLOIN WITH RED PEPPER SAUCE

A perfect summer party entree: The beef waits patiently at room temperature.

Sauce

2 tablespoons butter or margarine
2 garlic cloves, crushed
4 cups (about 5) diced red peppers
½ teaspoon thyme
½ teaspoon salt
Pinch ground red pepper
½ cup crème fraîche, whipped

1 beef tenderloin, trimmed (about 4 lbs.), at room temperature
1 teaspoon salt
2 tablespoons coarsely ground black pepper
2 tablespoons salad oil

Sauce: In medium skillet melt butter or margarine over low heat. Add remaining ingredients except crème fraîche. Cover and cook, stirring occasionally, until very tender, about 30 minutes. Puree in food processor; strain into small bowl. Refrigerate. *(Can be made ahead. Freeze up to 1 week. Thaw in refrigerator overnight.)* Fold crème fraîche into puree. Refrigerate until ready to use. Makes 2 cups, 30 calories per tablespoon.

Preheat oven to 500°F. Pat beef dry with paper towels. Roll in salt and pepper. In heavy roasting pan heat oil over high heat until almost smoking. Brown beef evenly on all sides (cut in half if necessary), allowing a crust to form before turning, about 2 minutes per side. Place on rack in same roasting pan and roast 10 minutes for rare, 15 minutes for medium. Serve at room temperature. Makes 8 to 10 servings, 535 calories each per 8, 430 calories each per 10.

SAVORY WHITE AND WILD RICE

This can be served at room temperature, but for greatest flavor we like it hot.

¼ cup butter or margarine
⅔ cup finely chopped shallots
½ teaspoon thyme
1 cup long-grain rice, cooked according to package directions
1 box (8 oz.) wild rice, cooked according to package directions
½ teaspoon salt
½ teaspoon pepper
¼ cup chopped parsley

Preheat oven to 350°F. Butter a 1½-quart baking dish. In skillet melt butter or margarine over medium heat. Saute shallots and thyme until softened.

In large bowl combine sauteed shallots with remaining ingredients. Spoon into prepared baking dish. *(Can be made ahead. Cover and refrigerate up to 24 hours. Bring to room temperature 1 hour before baking.)*

Cover loosely with foil and bake 25 to 30 minutes, until heated through. Makes 8 to 10 servings, 215 calories each per 8, 170 calories each per 10.

OVEN-STEAMED ASPARAGUS

What a breeze! For a crowd, you'll never do asparagus any other way.

2 pounds asparagus, trimmed
¼ cup butter, cut up
½ teaspoon salt
½ teaspoon pepper
1 tablespoon water

Preheat oven to 350°F. In 13x9x2-inch glass baking dish arrange asparagus evenly in a single layer. Add remaining ingredients. Cover tightly with foil. Bake 15 minutes for pencil-thin asparagus, 25 to 30 minutes for thicker stalks. Makes 8 to 10 servings, 65 calories each per 8, 55 calories each per 10.

RASPBERRY APRICOT TARTLETS

If you don't have individual tartlet pans, you can also use two 10-inch tart pans.

Pastry

1 cup unsalted butter, softened and cut up
⅔ cup sugar
2 eggs
2 teaspoons vanilla extract
3 cups all-purpose flour
1 teaspoon salt
3 squares (1 oz. each) semisweet chocolate, chopped

Filling

2 pints raspberries
¼ cup sugar, divided
¼ cup framboise, divided
1 cup heavy or whipping cream
8 fresh apricots, sliced

Pastry: (To use a food processor, see note.) In large mixer beat cream butter. Add sugar and beat until incorporated. Add eggs one at a time, beating well after each addition. Add vanilla and beat until combined. With mixer at low, blend in flour and salt. Divide in half. Between 2 sheets of plastic wrap roll each half to a circle ½ inch thick. Chill 1 hour.

For ten 4½-inch tartlets: Roll 1 pastry circle in plastic wrap to ⅛ inch. Peel off top sheet of plastic wrap and invert pastry. Carefully drape *(continued)*

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loosely over four 4½-inch tartlet pa
Remove second piece of plastic w
and gently press pastry into pans. F
rolling pin across top of pastry
trim excess; reserve scraps. Rep
with remaining pastry circle. Re-r
all scraps in plastic wrap to ⅛ inch a
repeat with 2 more tartlet pans. Refr
erate 30 minutes.

For two 10-inch tarts: Roll pastry
plastic wrap into a 12-inch circle. P
off top sheet of plastic and invert p
try. Remove second piece of plastic a
carefully drape pastry over a 10-in
tart pan, rolling over top with rolli
pin to trim excess. Repeat with rema
ing pastry. Refrigerate 30 minutes.

Preheat oven to 375°F. Prick botto
of pastry with fork several times. Li
each pan with foil and fill with dri
beans or uncooked rice. Bake tart
shells 10 minutes, tart shells 15 mi
utes. Remove foil and beans or ri
bake 5 to 8 minutes, until golden. Mea
while, melt chocolate in top of doub
boiler over hot, not boiling, water. R
move from heat. While shells are st
hot, brush inside bottom and sides wi
chocolate. Cool completely on wi
rack. Unmold. *(Can be made ahea
Wrap and freeze up to 1 week. Tha
unwrapped at room temperature.)*

Filling: In medium bowl combine ras
berries with 2 tablespoons sugar and
tablespoons framboise. Let stand 10 mi
utes. Meanwhile, in mixer bowl be
cream until thickened. Add remainin
2 tablespoons sugar and framboise; be
until stiff peaks form. Cover and refri
erate. Arrange raspberries and apric
in shells. Serve with flavored whippe
cream. *(Tartlets and cream can both b
made ahead. Cover and refrigerate u
to 2 hours.)* Makes 10 tartlets, 565 cal
ries per tartlet, or 2 tarts, 12 serving
470 calories per serving.

Note: If using a food processor, mak
pastry in 2 batches. For each batch
combine ½ cup butter and ⅓ cup suga
Add 1 egg and 1 teaspoon vanilla; pro
cess until well blended. Add 1½ cup
flour and ½ teaspoon salt; process wit
on/off motion about 15 seconds, unti
dough just comes together. Between
sheets of plastic wrap pat pastry to
circle ½ inch thick. Chill 1 hour. **En**

COMING NEXT MONTH

The Glories of American Cooking

A Fourth of July tribute to our nation's favorite foods—from classic fried chicken and cherry pie to street treats like soft pretzels and Buffalo wings.

ROAST TURKEY

pictured on page 125

*rowave time: 90 to 100 minutes on lium-High, depending on size of tur- (7½ minutes per lb.).**

2- to 14-pound turkey
cup melted butter or margarine

ss turkey. Place breast side down in uart rectangular microwaveproof ing dish. Brush with some butter or rgarine. Microwave uncovered on dium-High 45 to 50 minutes, de- ding on size of turkey. (If no Me- m-High setting, microwave on High minutes, then Medium 67 to 78 min- s.) Turn turkey breast side up. ish with some butter.

Microwave uncovered on Medium- gh 45 to 50 minutes or until done, ting 2 to 3 times and draining fat h bulb baster. (If no Medium-High ting, cook on Medium 75 to 87 min- s.) As you baste, check wing and leg as to see if they are done; cover with (if your oven allows it) if necessary prevent overcooking. To crisp turkey n, preheat conventional oven to °F. Transfer turkey to oven for 5 to 10 minutes. Let stand 20 minutes at room temperature, loosely covered with foil. Makes 12 to 16 servings, 515 calories each per 12, 385 calories each per 16.

*If no Medium-High setting, total cooking time is 10 minutes on High and about 2¼ to 2½ hours on Medium.

LAMB KABOBS

pictured on page 124

Microwave time: 27 to 37 minutes. Grilling time: 5 to 8 minutes.

Marinade

- ½ cup olive oil
- ½ cup red wine vinegar
- 1 tablespoon minced garlic
- 1½ teaspoons salt
- 1 teaspoon rosemary, crushed
- ½ teaspoon thyme, crushed
- ½ teaspoon freshly ground pepper

- 1¼ pounds lean lamb or beef, cut into sixteen 1½-inch cubes
- ½ pound carrots, cut into sixteen 2-inch pieces
- 8 whole white onions
- ½ pound medium zucchini, cut into eight 1½-inch pieces
- 4 new potatoes, halved
- 2 ears corn, cut into eight 1½-inch pieces

Marinade: In jar with tight-fitting lid combine all ingredients; shake well.

Arrange meat in a single layer in shallow glass dish. Pour ¼ cup marinade over meat. Let stand at room temperature at least 1 hour or cover and refrigerate overnight. Arrange carrots in microwaveproof dish; add 2 tablespoons water. Cover and microwave on High 6 to 8 minutes. Remove from oven; drain. Repeat with onions; microwave 5 to 7 minutes. Repeat with zucchini, 3 to 4 minutes; potatoes, 5 to 6 minutes; corn, 5 to 7 minutes. In large bowl combine all vegetables. Pour ¾ cup marinade over vegetables. Toss to coat well. Marinate 1 hour.

Prepare grill or preheat broiler. Remove meat from marinade and arrange in shallow microwaveproof dish. Microwave uncovered on High 3 to 5 minutes. Divide meat and vegetables equally among 8 skewers. Brush with remaining marinade. Arrange on prepared grill or broiler rack. Grill or broil 5 to 8 minutes, brushing with marinade and turning to brown all sides. Makes 8 kabobs, 375 calories each.

STEAMED ARTICHOKES WITH HERB BUTTER

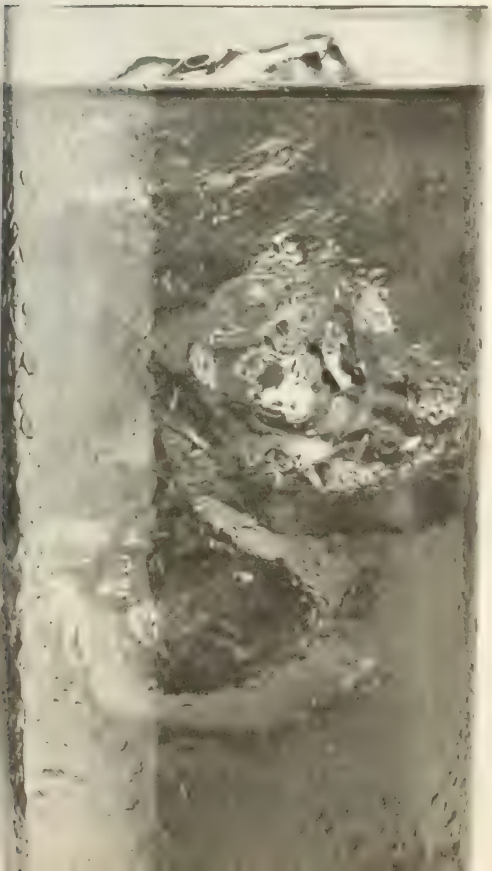
pictured on page 124

Microwave time: 11 to 17 minutes.

4 whole artichokes
½ lemon

(continued)

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COOL COOKING
continued

Butter

cup butter
tablespoon chopped fresh rosemary or thyme or ½ teaspoon dried

off artichoke stems and about 1½ es from tops. Pull off tough bottom es. With scissors, snip off tips of of the outer leaves. Rub each arti- e with cut side of lemon half to ent discoloration.

ur ¼ inch water into an 8-inch re microwaveproof baking dish. artichokes right side up. Cover tly. Microwave 9 to 15 minutes, un- ow leaves can be pulled out and pierced easily, rotating one quar- urn halfway through cooking. Let d covered 3 minutes. Drain. Serve or chilled on individual plates with Butter. Makes 4 servings, about alories each, without butter.

Butter: In 2-cup glass measure butter on High 2 minutes. Add mary or thyme. Makes ½ cup, 25 ries per tablespoon.

STRAWBERRY JAM

pictured on page 125

owave time: 11 to 13 minutes.

ps fresh strawberries, quartered
3 cups sugar
2 tablespoons lemon juice
3 tablespoons liquid pectin

In 2-quart microwaveproof casserole combine berries, sugar and lemon juice; stir. Microwave uncovered on High 5 minutes; stir. Microwave uncovered on High 6 to 8 minutes, until boiling. Stir well to dissolve sugar. Stir in pectin. Pour into sterilized jars; refrigerate up to 4 months. Makes 4 cups, 40 calories per tablespoon.

ROAST LEG OF LAMB

Microwave time: 26 to 29 minutes.

3-pound leg of lamb
1 tablespoon salad oil
1 teaspoon minced garlic
½ teaspoon dried rosemary
Pepper and salt

Rub lamb with oil and garlic. Sprinkle lightly with rosemary and pepper. Wrap thin end of leg with foil (if your oven allows it), covering 2 inches of end. Place lamb fat side down in microwaveproof dish on roasting rack. Microwave uncovered on High 5 minutes, then on Medium 10 minutes.

Turn lamb. Microwave on Medium 11 to 14 minutes more, until meat reaches 120°F. on an instant-read meat thermometer. Sprinkle with salt. Tent loosely with foil. Let stand 10 minutes at room temperature. Serve with pan juices. Makes 6 servings, 445 calories each.

PORK SPARERIBS

Microwave time: 60 to 65 minutes. Grilling time: 5 to 10 minutes.

3 pounds pork spareribs
1 cup Spicy Barbecue Sauce, Mustard Glaze (recipes follow) or bottled barbecue sauce (see note)

If broiling, cut rack of ribs into individual ribs; if precooking for outdoor barbecuing, leave whole.

In 3-quart rectangular microwaveproof dish arrange ribs meaty sides down and thicker sections to the outside (overlap if necessary). Cover with wax paper. Microwave on High 5 minutes; move less cooked sections to the outside. Re-cover and microwave on Medium 45 minutes, turning ribs over after 20 minutes and moving less cooked sections to outside.

Drain fat from ribs. Rearrange ribs again, with meaty sides up. Brush with Spicy Barbecue Sauce or Mustard Glaze. Microwave uncovered on Medium 10 to 15 minutes, until cooked. Let stand 5 minutes.

Prepare grill or preheat broiler. Place ribs on grill rack or metal broiler pan. Grill or broil 5 to 10 minutes, until crispy. Makes 4 servings, 530 calories each with Spicy Barbecue Sauce, 505 calories each with Mustard Glaze. *(continued)*



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MARINADE ORIENTAL
• 1 cup Sherry Cooking Wine • ¼ cup soy sauce • 1 Tbsp. sugar • 1 tsp. ginger • 2 cloves garlic, minced

Combine ingredients in a large dish. Marinate beef for at least 1 hour in refrigerator. Cook on preheated grill, basting occasionally.

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2 tablespoons ketchup
½ teaspoon red pepper flakes (optional)

In small bowl combine all ingredients. Brush on ribs d
ing cooking. Can be used on chicken, pork chops and ot
grilled meats. Makes 1 cup, about 25 calories per tablesp

SUMMER SQUASH PIE

Microwave time: 20 to 30 minutes.

2 tablespoons butter or margarine
1 teaspoon minced garlic
1 cup coarsely chopped onion
1½ pounds small to medium summer squash, cut into ¼-inch slices
1 cup fresh bread crumbs (whole wheat preferred)
1 cup grated Cheddar, Gruyère or Swiss cheese
3 eggs, lightly beaten
½ teaspoon salt
¼ teaspoon freshly ground pepper
2 tablespoons chopped fresh parsley
1 tablespoon chopped fresh basil
2 tomatoes, cut into ¼-inch slices (optional)
1 cup plain yogurt or sour cream

In 9- or 10-inch microwaveproof pie plate combine but
garlic and onion. Microwave on High 2 to 3 minutes, u
onion is tender. Add squash. Cover tightly. Microwave
High 8 to 12 minutes, until tender, stirring twice.

Stir in remaining ingredients except tomatoes
yogurt. Spread evenly in dish. Arrange tomato sl
around outer rim. Microwave on Medium 10 to 15 minu
until knife inserted halfway between center and e
comes out clean and center is almost set. Let stan
minutes. Serve with dollop of yogurt or sour cream. Ma
6 to 8 servings, 240 calories each per 6, 180 calories each pe

COOL COOKING
continued

Note: If using Spicy Barbecue Sauce, stir in 2 tablespoons honey before brushing on ribs.

SPICY BARBECUE SAUCE

Microwave time: 7 to 10 minutes.

2 tablespoons butter or margarine
1 teaspoon minced garlic
2 tablespoons chopped onion
¼ cup brown sugar
1 cup ketchup
½ cup water
3 tablespoons cider vinegar
2 tablespoons prepared mustard
2 tablespoons soy sauce
2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
2 to 3 drops red pepper sauce

In 4-cup glass measure combine butter or margarine, garlic and onion. Microwave on High 2 to 3 minutes, until tender. Stir in remaining ingredients. Microwave uncovered on High 5 to 7 minutes, until boiling, stirring after 2 minutes. Brush on ribs during cooking. Can be used on chicken, pork chops and other grilled meats. Makes 1¾ cups, 30 calories per tablespoon.

MUSTARD GLAZE

½ cup Dijon mustard
2 tablespoons vinegar
2 tablespoons brown sugar
2 tablespoons honey

Make it juicy.

CITRUS 'N' SPICE GLAZE
1 cup Heinz 57 Sauce
1 tablespoon orange juice concentrate

Combine ingredients. Brush chicken frequently with Citrus 'N' Spice Glaze during last 10 to 15 minutes of grilling.

Make it one honey of a barbecue.



HONEY 'N' SPICE GLAZE
½ cup Heinz 57 Sauce
¼ cup honey

Combine ingredients. Brush chicken pieces with melted butter, then with Honey 'N' Spice Glaze. Grill until chicken is cooked, turning and brushing frequently with glaze.

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CORN PUDDING

rowave time: 31 to 39 minutes.

cup butter or margarine
cups milk
cup yellow cornmeal
tablespoon sugar
teaspoon salt
teaspoon freshly ground pepper
eggs, beaten
cups whole-kernel corn, cooked
teaspoon baking powder
to 4 drops red pepper sauce
green or red pepper, sliced thin

2-cup glass measure melt butter or margarine on High 2 minutes. In 3-quart casserole combine milk, cornal, sugar, salt and pepper. Microwave on High 6 to 9 utes, until boiling and cornmeal has absorbed most of liquid, stirring 3 or 4 times. Let stand 5 minutes. Meanwhile, in small mixer bowl combine eggs, corn, bakpowder and red pepper sauce. Fold into cornmeal mixture. in melted butter. Pour into 10-inch microwaveproof cake . Arrange sliced pepper around outer rim. Microwave on dium 24 to 28 minutes, until center is almost set, rotating e. Let stand 5 minutes. Makes 6 to 8 servings, 375 calories h per 6, 280 calories each per 8.

SPICY SHRIMP IN BEER

rowave time: 8 to 13 minutes.

cup butter or margarine
garlic cloves, crushed
cup beer
teaspoon Worcestershire sauce *(continued on page 154)*

"For barbecuing, make Heinz 57 Sauce your recipe for success."

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COOL COOKING

continued from page 151

½ teaspoon salt
½ teaspoon red pepper flakes
½ teaspoon thyme
½ teaspoon oregano
¼ teaspoon ground red pepper
1½ pounds unpeeled shrimp

In 2-quart microwaveproof casserole combine butter or margarine and garlic. Microwave on High 1 to 2 minutes, until butter is melted. Add beer and microwave on High 2 to 3 minutes, until boiling. Add remaining ingredients, stirring to coat shrimp. Push shrimp to outer rim of dish; cover tightly. Microwave on High 5 to 8 minutes, until shrimp turns pink, stirring after 3 minutes. Let stand covered 2 to 3 minutes. Makes 4 servings, 335 calories each.

MUSHROOM PÂTÉ

Microwave time: 6 to 7 minutes.

1 tablespoon butter or margarine
3 tablespoons sliced green onions, divided
2 tablespoons bread crumbs
2 tablespoons heavy or whipping cream or plain yogurt
8 ounces fresh mushrooms, chopped fine
2 tablespoons dry vermouth
¼ teaspoon salt
¼ teaspoon freshly ground pepper
⅛ teaspoon nutmeg
¼ cup chopped nuts (hazelnuts, walnuts, almonds or pecans)

In 1-quart microwaveproof casserole combine butter or margarine and 2 tablespoons green onions. Microwave on High 2 minutes, until tender. Stir in bread crumbs. Stir in remaining ingredients except nuts. Microwave uncovered on High 4 to 5 minutes, stirring after 2 minutes, until mushrooms darken slightly and flavors are well blended. Stir in chopped nuts. Pack mixture into crock or other serving dish and refrigerate. *(Can be made ahead. Refrigerate up to 1 week.)* Makes 1 cup, 35 calories per tablespoon.

BREAD PUDDING

Microwave time: 15 to 18 minutes.

6 slices bread, ½ inch thick
2 tablespoons butter or margarine
2½ cups milk
3 eggs
½ cup sugar
1 teaspoon vanilla extract
½ teaspoon cinnamon (optional)
¼ cup sifted confectioners' sugar (optional)
Raspberry Sauce (recipe follows)

On microwaveproof plate soften butter on Defrost 10 seconds. Meanwhile, po milk into 4-cup glass measure. Micr wave on High 5 to 8 minutes, until h but not boiling.

Spread softened butter on one side each bread slice. Cut buttered bre into 1-inch squares. Arrange in laye buttered side up in 2-quart casserole

In mixer bowl beat eggs and sug together. Stir in vanilla. Gradual pour warm milk into egg mixture, st ring constantly. Pour over bread cub Microwave uncovered on Medium minutes, rotating one quarter tu twice. Let stand 10 minutes. Sprink with cinnamon and confectione sugar. Serve warm or chilled wi Raspberry Sauce. Makes 4 to 6 ser ings, 400 calories each per 4 witho sauce, 265 calories each per 6.

RASPBERRY SAUCE

Microwave time: 2 to 3 minutes.

1 cup seedless raspberry jam
2 tablespoons orange liqueur, framboise or brandy
1 teaspoon vanilla extract

In 4-cup glass measure combine all i gredients. Microwave uncovered High 2½ to 3 minutes, until jam melted, stirring once. Makes 1 cup, calories per tablespoon. E

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NTERTAINING SUMMER-STYLE
ages 110–111: Basket, rug and checkerboard at left, quilt, apkins, wooden watermelon basket and napkin rings at ght from Country Collections, 804 E. Las Olas Blvd., Ft. auderdale, FL 33301. Dessert dishes, plastic yellow plates d flatware, cake platter, beechwood serving tray, hand-inted ceramic bowl and platters from Burdines Galleria, 14 E. Sunrise Blvd., Ft. Lauderdale, FL 33304.
ages 112–113: Square ceramic plate at left, pewter dish for rts by Armetale, demi cups by Preziosi, whiteware serv-g platter, silver, glasses and peach napkins from Burdines alleria, 2314 E. Sunrise Blvd., Ft. Lauderdale, FL 33304. hina plates from Jordan Marsh, 2500 E. Sunrise Blvd., Ft. auderdale, FL 33304.

ERE COMES THE SUN
ages 116–117: Charles Jourdan maillot, Diva print tank.
age 118: Left: Gottex salmon tank, Gideon Oberson black nk; top right: Jag swimsuits; lower right: Kamali suits.
age 119: Left: Ariel green tank, Charles Jourdan print it; top right: Jag tank, Diva bikini; lower right: Cole of alifornia print suit, Kamali two-piece suit.
age 120: Jantzen white tank, Tropic-Cal black and white nglasses, Gottex tank with brass buttons and red terry cket, Ray-Ban sunglasses.
age 121: Gideon Oberson suits, Ralph Lauren towel.
ages 122–123: Liza Bruce swimsuit, Riviera headband, alph Lauren purple towel, Mundi bag, Cannon white wel.

RING SUMMER IN
ages 126–127: Havering Stripe fabric #7810, for drapes, llows and seat pads from Cowtan & Tout, 979 Third Ave., YC 10022.* Sara Hotchkiss rug, throw, Brahms/Mount extiles and antique quilt-top appliquéd pillow from Sweet ellie: A Country Store, 1262 Madison Ave., NYC 10128, 2-876-5775. Fruit bowls from Barneys New York, Seventh ve & 17th St., NYC 10011, 212-929-9000. Teak coffee table om Lord & Taylor, 424 5th Ave., NYC 10016, 212-391-1199. ove seat and end table from the Door Store, 1 Park Ave., YC 10016, 212-679-9700. Lamp from Laura Ashley, 714 adison Ave., NYC 10021, 800-367-2000. Plate from lizabeth Eakins, 1053 Lexington Ave., NYC 10021, 212-28-1950.
ages 128–129: All posters from Poster Originals Limited, 0 Hudson Street, NYC 10013. Nineteenth-century round edestal table from England and reproduction Windsor airs from Howard Kaplan's French Country Store, 35 E. St., NYC 10003, 212-308-2310. Catalog available. Ta-etop accessories, white tablecloth, cachepot, cup and ucer from Barneys New York. Bridal Lace bed linens by aura Ashley for Burlington Domestics, 1345 6th Ave., YC 10105. Silver-topped powder jars by Tiffany from Vito iallo Antiques, 966 Madison Ave., NYC 10021, 212-535-385. Picture frame from the Mediterranean Shop, 876 adison Ave., NYC 10021, 212-879-3120.

Through decorators.

EMOTIONAL RESCUE

continued from page 81

intellectual defenses against emotions, and the more a person uses them, the more out of touch with her true feelings and depressed she'll become.

A common assumption is that depression is a natural response to the unhappy events everyone experiences in life. In fact, this is not so. Grief is a natural response to the loss of a loved one. Disappointment is a natural response to not getting a hoped-for promotion. Anger is a natural response to being treated unfairly or cruelly. While a person is experiencing grief, disappointment or anger, she can also feel happy about some other aspect of her life and hopeful about the future. This ability to feel a variety of emotions in direct succession or even at the same time is natural. By contrast, there's nothing natural about depression—it's a learned way of coping with distressing feelings.

Physical health can also be affected when a person doesn't respect her feelings and thus tries to censor or deny them. "Depending on the extent to which a person has suppressed her feelings," says Poulos, "she might suffer from a variety of psychosomatic problems. These can range from the relatively mild, such as occasional digestive upsets and headaches, to the more serious, such as ulcers, asthma and migraines, to the chronic and sometimes disabling, such as colitis and other serious intestinal disorders."

Even if a woman manages to escape the worst results of suppressing her feelings, she'll still pay a price. "Everyone has a fixed amount of psychological energy," Lieberman says. "And the more psychological energy you use pushing your feelings under, the less will be available for intellectual, creative and interpersonal pursuits."

Getting back in touch

But how can you find out and acknowledge what you're feeling if you can't *feel* it in the first place? Just as a person can learn to be uncomfortable with her feelings, she can learn to be more at home with them. Here are some strategies to help you begin.

Examine your attitudes Make a list of the emotions that make you uncomfortable. Why do they make you feel this way? Do you think they're bad, stupid or childish? Can you recall where you first got these ideas? Do you have trouble accepting these feelings in others as well as in yourself? Or do you think you're the only one who shouldn't have such feelings?

Label your feelings Just *(continued)*

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EMOTIONAL RESCUE
continued

as many of us grew up without being taught the names for sex organs, many were also never taught to identify our feelings. Many people learn to distinguish only between feeling bad and feeling good, rather than among the subtle shadings of each, such as frustration, grief, sadness, loss, anger, annoyance, or joy, satisfaction, serenity, fondness, admiration, love.

It's important to label feelings accurately because only if we know what we're feeling can we express it and do something about it. A woman who says "I'm bored" has many options: She can read a book, take up a new hobby, write a letter, take the kids to a museum, see a movie. A woman who says "I'm lonely" can seek out the company of friends or can simply accept the feeling and console herself with the knowledge that everyone feels lonely from time to time. But a woman who is constantly saying "I'm depressed" won't see any options; she'll feel immobilized by her depression, powerless to do anything to relieve it.

Get physical List all the feelings you can recall having, using their accurate names. Then try to describe the sensations that accompany each feeling. Anger, for example, might make you feel nauseated or cause you to shake. Anxiety might make your heart race or your bowels irritated. Joy might make you feel buoyant or bursting with energy. Grief might make you feel as if your body were very heavy.

Now think about the ways you try to stop or dull some of these sensations. When you have a feeling that makes you uncomfortable, do you try to stop it by holding your breath, getting dizzy, clenching your teeth, knotting your stomach? Once you've become aware of the ways you physically block your feelings, gradually try to let yourself experience the feelings without running interference. Take a moment to sit down and just let the feeling be there in your body—don't fight it! A lot of people are afraid that if they do this, the feeling will overwhelm or destroy them. It won't. On the contrary, after you learn to feel more, you'll soon find that you feel better, too.

Express yourself Find a comfortable way to talk about feelings that you tend to swallow and hide—anger, for example. Many people see only two ways of dealing with anger: holding it in or exploding in a way that hurts others. In fact, the following is a much more effective and responsible way.

First, define in a precise and nonaccusatory way what it is that you're angry about. "I'm angry because last night my husband made fun of me in front of our friends" is better than "I'm angry because I'm married to a cruel and thoughtless jerk."

Get rid of ugly soap scum.

Second, tell the person you're angry with that you're angry, and explain why. Be careful to use "I" statements. For example, "I felt hurt, embarrassed and angry when you made those comments about me at the party last night" is better than "You are so insensitive. What you said at the party last night made me feel really rotten. In fact, you always do things like that. I don't know why I ever married you."

Third, tell the person what he can do to make amends and to prevent you from getting angry in the future. Again, be fair. "I want you to say you're sorry and to make an effort not to make remarks like that" is better than "The only way I'll ever forgive you is if y get on your knees and beg me, and y promise you'll never, ever say anythi like that about me again."

Fourth, let the other person kn what the consequences will be if t upsetting behavior continues. The k here is to be clear and realistic. "I lose love and respect for you if you co tinue to do that" is better than "If y do that once more, I'll never speak you again."

Search for emotional outlets Som times it's not in our best interest express our feelings to a specific perso This would be the case if you're ang with a boss who retaliates against a one who criticizes him or with a frie who can't cope with your feelings b cause she is seriously ill. Your feelin in such cases are still valid; it's just th taking them back to the source is no good idea. You don't have to hide swallow the feelings; you just ne other outlets for them. Pounding p lows, getting a good physical worko doing something creative like painti or playing the piano, are all ways releasing anger. It's important, ho ever, for you to have outlets r just for feelings of anger, frustrati and disappointment but for feelings joy and sexual desire, too.

Remember, a feeling never killed a one No emotion is wrong or bad. T next time you find yourself thinkin But I shouldn't feel this way, tell yo self, Wait a minute. It doesn't matte I think I shouldn't feel this way. T point is I do feel this way. And that's fact I've got to accept and deal with. Poulos says, "If you've got to get rid something, get rid of the shoulds a should nots. Don't get rid of your fe ings, because if you don't have yo feelings—all of them—you'll lead very impoverished life." E

Get the one that gets rid of both.
WIPES OUT SOAP SCUM TOO
TILEX



)OCTORS, PATIENTS & SEX

continued from page 109

dical Boards of the U.S., says his ce gets about three reports a month exual abuse by doctors. For every in- ent he investigates, it is estimated re are fifteen to twenty-five more t go unreported.

ori Stephens is one of the victims o decided to speak out. She was a nty-three-year-old secretary work- for a Framingham, Massachusetts, nputer company when she began ting severe migraine headaches. e consulted Dr. Murray Helfant, a hly regarded neurosurgeon, who ated the condition with Valium. Lori s reluctant to take the drug but des- ate to get rid of the migraines. Be- es, she trusted Helfant, who had an ellent reputation.

When the headaches became so ex- ciating that they immobilized her, ri called Helfant, who said he'd stop her house and give her a shot. What gave her was an injection of ten mil- rams of Valium—an unusually high sage to be given intravenously at me—which could have been life reatening. Lori reported that as she ated in and out of consciousness, Hel- nt raped her.

"I told my roommate and my sister, but I was afraid of making a formal charge," Lori says. "Then I read in the newspaper that Helfant had been acquitted of another rape."

The woman Lori read about was a seventeen-year-old student, brain damaged as the result of a car accident. Helfant was charged with wheeling her bed from a hospital room to a deserted examining room and raping her on five occasions.

Lori called Laurence E. Hardoon, the assistant district attorney who was preparing another case against Helfant, in which a young woman suffering from back pain also had been drugged and raped. Lori agreed to testify in that case. Helfant was given three to five years for rape and two and a half to three years for injecting a patient with the intent to stupefy. He is appealing his conviction, however, and has yet to serve any of his sentence.

Doctors' legal loopholes

In some cases, more than a decade can pass before a doctor who sexually abuses his patients is caught. Dr. Roger Mamay, a general practitioner, was accused of sexually assaulting numerous patients in Maryland, Massachusetts, New Hampshire and Vermont over a thirteen-year period. Each time a complaint was filed against him, Mamay packed his medical bag, crossed state lines and hung up his shingle in another city. Last year, he was convicted of rape in Massachusetts and is currently serving a fifteen- to twenty-year sentence, which he is appealing.

"If a doctor leaves town, he leaves his record behind," says Paula Gold, secretary of consumer affairs for the state of Massachusetts. "Too often, he is allowed to resign from a hospital or group practice, and no report is even made to the state examining board."

Kathleen Pattee, senior special investigator for the California Board of Medical Quality Assurance, says she has handled cases involving doctors in just about every branch of medicine. Pattee often works undercover to get proof of a physician's guilt. "I've had to fight to keep my clothes on more than once," she says.

Many of the doctors accused of committing sexual crimes against their patients had distinguished themselves professionally. Often, they had served on the boards of local medical societies, were top-level faculty members at universities and were leading members of their communities.

Shirley Feldman-Summers, Ph.D., a psychologist who studied the phenomenon while she was an assistant professor at the University of *(continued)*

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DOCTORS, PATIENTS & SEX
continued

Washington, in Seattle, says these physicians find that their positions of authority allow them to exercise power over patients. In the doctor-patient relationship, many women feel compelled to be docile and respectful, she says. The physician has a tremendous advantage, since he can depend on total compliance when he tells a woman to take off her clothes.

Often, these physicians are convinced that they are entitled to abuse their women patients because of their position as doctors. As a Michigan woman who was raped by her internist recalls, "During the whole horrible ordeal, I was aware that he never took off his white coat."

Gail Abarbanel, director of the Rape Treatment Center, in Santa Monica, California, says doctors get away with sexual abuse because people are generally awed by their knowledge and authoritative attitude. Recounting the humiliation she experienced after being raped by Story, one of the Lovell victims admitted, "I was shaking when I left his office. But I still said to him, 'Thank you, Doctor.' I can't believe now that I was so intimidated by his power as a physician."

Nowhere to turn

Doctors who molest patients usually choose victims who seem least likely to resist. Fifty-seven-year-old Joyce Hansen went to Dr. Daniel Ncayiyana, a gynecologist in Olympia, Washington, experiencing menopausal distress so extreme, she could hardly walk without bleeding. What's more, Joyce's husband had a drinking problem, and she had to support him and their three children, two of whom were in college, on her salary as a school librarian.

When Ncayiyana molested her after several visits, Joyce tried to get ano doctor. But by then she was sched to undergo surgery, and her insur coverage was with a health mai nance organization, which refuse assign her another physician wit reevaluating her condition.

She returned to Ncayiyana, and abuse continued; so did her me problems. She was near hysteria result of the sexual abuse but terr of being left without medical t ment. One day, she claims, Ncayiy entered the examining room, lo the door, backed Joyce against the t and raped her.

When she mustered enough cou to go to another doctor and tell him story, he said she was lying. Final psychiatrist suggested she conta rape-crisis unit. Joyce eventually s Ncayiyana, winning an undisc settlement. During the trial, learned that the doctor had victim at least five other women.

Perhaps the patients most vul able to sexual abuse are those who undergoing psychotherapy, bec they must share their intimate ings. In a recent study conducted private research facility in Cambri Massachusetts, 6 percent of respon psychiatrists admitted having se contact with patients, and 65 per had seen patients who were explo by other therapists.

Nora Coleman was a nineteen-y old college student in New Orle when she went to see a psychiat She was severely depressed and ha tempted suicide following the deat her father. After her first session v the doctor, he hugged her. "I wa used to that from a doctor, but I figu it was part of the therapy," she rem bers. The psychiatrist soon drew N into an affair.

"That's certainly not what I wan But I had come to depend *(contin*

WARNING SIGNS

Some sexually abusive doctors provide little warning before they act, so knowing what signs to look for may not tip you off to danger until it's too late. In general, though, be careful of the following:

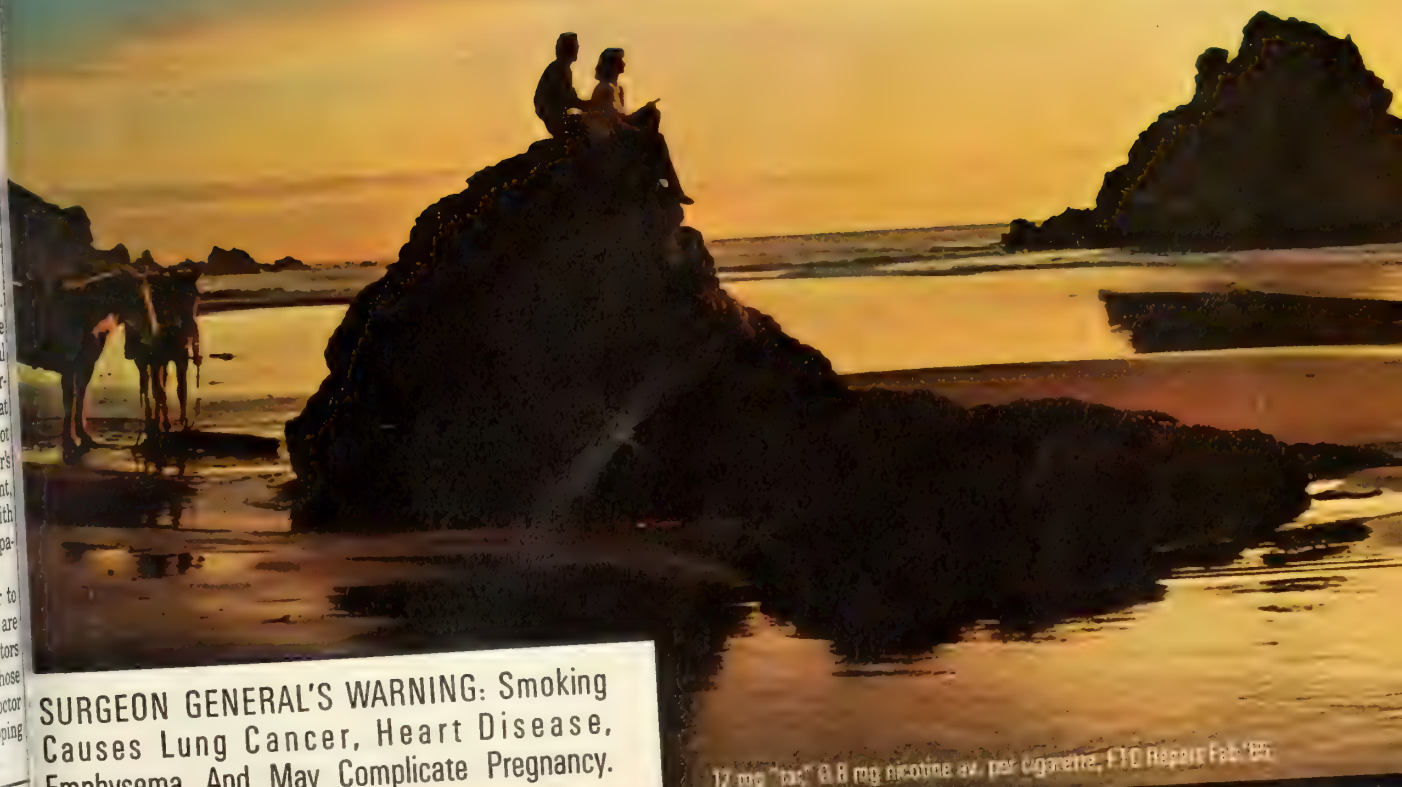
- A physician who offers constant flattery, telling you how beautiful you are, or a doctor who initiates inappropriate touching.
- A physician who makes frequent sexual innuendos, talks a great deal about sex or tells you sexually explicit jokes.
- A physician who suggests that he give you the last appointment of the day or one just before his secretary's lunch. In most practices, it is the secretary who makes appointments.
- A physician who doesn't ask a nurs to be present during a gynecologica exam or any other situation requir ing you to disrobe. But be aware tha the presence of a nurse does no guarantee safety. It was one doctor' pattern to have a nurse present busy taking notes, as he stood wit his back to her, molesting the pa tient on the table.
- A physician who is overeager t make house calls. While there ar still some valid reasons for doctor to see patients in their homes, thos reasons are few. Be wary of a docto who says he doesn't mind stoppin by your house on his way home.

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him," she admits. "All my good feelings came from him, I decided if that's what it took to make him love me, I'd along with it."

Then the doctor abruptly ended their relationship. When ra confronted him, he said she was hallucinating in order block out an incestuous relationship with her father. though it wasn't true, he was almost able to convince her at it was.

Lawrence J. Smith, the attorney who represented Nora in ivil suit, ultimately settled the case out of court. Nora ed a report with the Louisiana State Board of Medical aminers, but they ruled against her.

The doctor still practices psychiatry in New Orleans. "It's ficult to claim that sexual abuse made a woman ill when e was already ill before consulting a psychiatrist," exains Smith. "That's the tragedy of this situation. These en actually take the position that they are molesting sick ople—therefore, no harm done."

Doctors protecting doctors

ıe medical community has failed to take strong action ainst colleagues who commit sexual abuse, critics charge. ıe American Medical Association, for instance, admits it s not addressed sexual misconduct by doctors. The spealty boards have also ignored the issue. In spite of numers cases involving gynecologists in different parts of the untry, a spokesman for the American College of Obstetrians and Gynecologists said that he had never even ard of the problem.

"The medical profession has got to start cleaning its own use instead of keeping the good-old-boy network alive ıd well," charges Berkshire County, Massachusetts, Disict Attorney Anthony J. Ruberto, Jr. "Many of the felony ses we see might have been avoided if the physician's lleagues and superiors had taken responsibility for getıg him away from patients once the first signs of sexual use became known."

Dinah Arnold, a medical assistant in suburban Teaneck, ew Jersey, received no response when she reported to the ergen County Medical Society that her internist, Dr. Alvin edoff, molested her and forced her to have oral sex. When ıe found out Medoff had once served on one of the society's mmittees, she took her complaint to the state board of edical examiners, which suspended the doctor's license for year and placed him on probation for another four years. inah later won a civil suit against the doctor, for which she as awarded $800,000.

Most physicians interviewed denied that any of their colagues could be guilty of such crimes. In fact, James Semıens, M.D., who has taught human sexuality to medical udents at the Medical University of South Carolina and ıe University of Southern California School of Medicine, sists it is the female patients who more often make sexual dvances toward their doctors.

"In class, we talk about the seductive woman patient, arning students to assert themselves rather than being rawn into an affair," he says. Semmens adds that he knows no medical-school programs that teach students how to eal with their own sexual feelings or that explore attitudes ward women generally.

Alice Rothchild, M.D., a Boston gynecologist, is one of the w physicians who are willing to speak out on the subject. Most doctors want to think that the offenders are only a w bad apples," she says. "If the subject is approached in ıedical school at all, it's in an atmosphere of giggles. Noody in medicine wants to be responsible for what has ecome a serious problem. And few people *(continued)*



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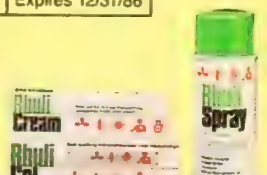
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DOCTORS, PATIENTS & SEX

continued

are ready to see it as the consequence of the power imbalance between men and women."

Paula Gold faults hospitals, which, she says, are afraid of being sued and therefore dismiss doctors without filing a report with the examining board. "Getting the physician off the hospital's doorstep doesn't do much to protect his female patients," she argues.

A need for change

It is the board of medical examiners in each state that has the responsibility for reviewing charges against a doctor and acting to suspend or revoke his license. While some act objectively—particularly those composed of nonprofessionals as well as doctors—others are controlled by physicians and tend to act on behalf of the accused doctor.

Joyce Hansen is still bitter about her experience in Washington when she reported Ncayiyana to her state's medical disciplinary board. Joyce was denied access to the proceedings, which lasted almost a year. Although other women subsequently provided affidavits against Ncayiyana, she wasn't allowed to hear their testimony. And her request for an open hearing was denied. During her own testimony, with Ncayiyana present, the board demanded that she act out exactly how she had been raped. In the end, the board revoked Ncayiyana's license, and he was unable to apply for reinstatement for one year. When he did, his application was denied.

Even when a doctor is taken to court on criminal charges, police officers agree that it's difficult to establish a case, since juries tend not to believe that an established doctor could be guilty of sexual assault. Sergeant Bill Moffat, head of the special assault unit of the Seattle Police Department, describes a recent case he believes should have gone to trial but was rejected by the prosecutor's office.

"If we had been dealing with a college professor or a truck driver, we could have had a case," he reports. "But a doctor has the professional right to place his hands on a woman's body. That makes our job tough. In this case, the doctor hired an expensive attorney and insisted the molestation was actually an appropriate medical technique. We were convinced he was guilty, but the prosecutor didn't think he could get a conviction."

As victims continue to press charges, however, more decisions are going in their favor. In Pittsfield, Massachusetts, Dr. Jack Fleury-Ehrhart, gynecologist, stood on the courtroo steps following his criminal trial f sexually molesting patients and to reporters his conviction was "a disse vice to the medical profession." Nor theless, he must go to prison for fou teen months of a three- to five-year se tence, with the remainder of the tir for probation.

In addition, several states have nally instituted new ways to comb the problem. California, for instanc has tightened its investigative proc dures and has undercover agents to u ravel the truth about accusatio against doctors. In Massachusetts, bill in the legislature would increa the number of nonprofessional me bers on the medical board and expa reporting requirements for hospita and local medical societies.

Shattered lives

For the victims, these actions provi some satisfaction, but they can nev totally eliminate the painful mem ries. Some of the women report n glecting their health and medic checkups as a result; others say the trust in all men, especially those positions of authority, has been br ken. Since physicians serve as fath figures, the victim's paternal image

estroyed by sexual abuse, says Leila Stanfield, former coor-nator of the Wyoming Coalition on Family Violence and exual Assault.

"The consequences are more frightening than the after-ath of rape by a stranger," she says. "A woman feels bandoned, and she's convinced no one will believe that a sponsible, well-respected physician would go around aping his patients."

Psychologists fear that many women push their painful periences deep into the subconscious, where they remain r years, waiting to erupt. Others may blame themselves r not being able to avoid the painful experience.

"An important trust has been broken by someone in hom a patient placed her entire welfare, and the immedi-e result is guilt," Feldman-Summers says. "The victim easons she's an adult, who should have been able to avoid eing molested or raped. Because there wasn't a gun ointed at her head, she blames herself for allowing it. Many women suffer posttraumatic stress disorders, in hich they have recurrent dreams of the assault and find iemselves reliving the ordeal."

Lori Stephens, the Massachusetts woman who charged ie was raped by Helfant, needed a year of therapy as a esult. For a long time after that, she remained furious with ie doctor and felt overwhelming powerlessness.

"The act of lovemaking brought flashbacks that were un-ndurable," she says. "It's a lot better now, but I still think bout it every day."

Dinah Arnold, like many other victims, is slowly learning o put her ordeal behind her. But the painful memories will ever be forgotten. "His crime nearly destroyed me," Dinah ays. "Only by taking a stand against him did I regain ontrol of my life." **End**

Editor's note: The names of all victims have been changed in rder to protect their privacy.)

WHERE TO TURN FOR HELP

If you are sexually assaulted by your physician:

- Call the local rape-crisis center listed in your phone book. The center can provide emotional support and advice. If you fill out a report, the counselors can help or even accompany you to hearings.
- If you believe your complaint justifies criminal charges, go to the police and the district attorney's office.
- Don't be afraid to report an incident that happened awhile ago, since the statute of limitations may not have run out. Even if the statute has run out, your report may help confirm other charges against the physician.
- File a report with the medical licensing bureau in your state. In most states, it's the board of medical examiners or the board of medical quality assurance. If in doubt, contact your state's department of consumer affairs for the name of the correct organization.
- Do *not* simply report the incident to the local medical society or the American Medical Association. These organizations have no power to discipline a physician beyond dropping his membership—an action that doesn't prohibit him from continuing to practice. While the local medical society should make a report to the proper authorities, in many cases it does not.
- Remember that a criminal conviction is sometimes less complicated than a civil case, since the prosecution has to prove only that the assault actually happened. You may win a considerable amount of money in a civil case, but you must prove you were physically or emotionally harmed.
- If you are considering a civil suit against a doctor, shop carefully for a sensitive attorney, preferably one with experience in sexual abuse cases.

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HOW TO END DIET FAILURE

continued from page 59

uncontrolled late-afternoon snacking. Even if they manage to fend off hunger until dinner, in such a famished state meal skippers may consume far more calories in that one sitting than they would have if they had evenly distributed their food intake in small portions throughout the day.

Then, too, chronic dieters and women who are overweight are more prone to late-night snacking, when excess calories are least likely to be burned off. Working women are especially susceptible to diet failure, since their jam-packed schedules leave little time for well-balanced meals and it's easy to fall prey to the influence of co-workers—the Anyone-for-a-pepperoni-pizza? syndrome.

How can diet dropouts handle the problems of erratic meal schedules? By careful planning. First, try to lighten your daily schedule. Which activities can you eliminate entirely, combine with others or delegate to someone else? Once a week, take advantage of less hectic periods and plan menus and shopping lists. On weekends, chop raw vegetables and pop into plastic bags for quick salads. Cook double batches of everything and freeze. By making meals ahead, you won't resort to high-calorie junk foods grabbed on the run. And if you eat three well-balanced meals, you'll feel less hun and deprived as the day wears on. corporating a low-calorie snack i your routine will help: If you're in mood for something crunchy, munch carrot sticks or popcorn. Someth sweet? Try a piece of fresh fruit. So thing spicy? A garlic breadstick.

Despite our obsession with los weight, dieting alone is not the m effective way to achieve thinness. M women did not report tremendous succ dieting; 62 perc gained back the wei lost on their most rec diet. What's more, ma women, in a frantic tempt to lose wei fast, adopt an all nothing, nutritiona risky approach to e ing instead of a w planned program.

Of course, for so women dieting is end in itself. Ev waking moment spent thinking ab food and discussi the latest fad di When these people nally reach their sired weight, th feel something al

HOW DO YOU COMPARE?

The overweight woman . . .	The thin woman . . .
Diets frequently	Rarely or never diets
Feels guilty when she eats certain foods	Does not feel guilty about eating
Skips meals	Eats regular meals
Eats in response to stress	Is less likely to have her emotions trigger eating
Is more likely to eat red meat	Is more likely to eat vegetables, fruit, chicken, fish
Is less satisfied with appearance	Is more satisfied with appearance
Thinks her face is her most attractive feature	Thinks her legs are her most attractive feature
Thinks her waist is her least attractive feature, followed by hips	Thinks waist is her least attractive feature, followed by breasts

sappointment. Unless they develop new interests eplace their old obsession, they'll risk regaining ıe weight they've lost.

sing weight is never easy, but if you're really serious t keeping pounds off, it's essential to change the way :hink about yourself. Remember, too, that you didn't all the weight overnight, and you won't lose it over- t, either. However, if you are patient and persistent, l inevitably make progress. And while everyone else ıntically seeking a miracle, you can reassure yourself a commitment to gradual and permanent change in attitude and routine is the only strategy that prom- long-term success. Here, some pointers to get you :ed on a successful weight-loss plan—and to keep you until you've reached your desired weight.

Ten tips for diet success

:t realistic goals. Instead of clipping pictures of impos- thin models, use a photo of yourself at your best ght or a dress in your ideal size for inspiration.

et back in touch with your body. Sign up for an exer- class; spend some private time in front of the mirror, sing on those features you like while you work on ıging the rest. Concentrate on what you really like about yourself. Are you a good friend? A sympathetic ner? A loving wife and mother? Make a list, then g it on your mirror.

pend time developing your talents and interests. Take urse in photography or ceramics; sign up for a class in dancing or yoga. Find out about lectures or concerts in community or get involved in volunteer activities. re's more to life than counting calories.

Vhen excess weight saps your confidence, try this trick: one day, act like a thin person. Walk the way a thin on walks, eat the way a thin person eats. Attitude is important in weight loss, and if you can get yourself into a thin person's frame of mind, you'll find it easier to stick to a diet. The next day, extend your experiment for another day. Before long, these behaviors will become a habit; you will have changed your lifestyle naturally—and you'll no longer have to pretend.

5. If the urge to binge becomes overpowering, allow yourself to indulge—but tell yourself you must wait till after you've eaten your next low-calorie meal. By the time you've finished the meal, the urge to binge may have passed. If not, you'll be less hungry.

6. If you do eat something inappropriate, put it behind you as soon as possible. One cookie—or even a dozen—doesn't necessarily ruin a diet. Just promise yourself you'll get back on track the very next meal.

7. Find at least one restaurant near home and one near work where you can order slimming fare.

8. If you've become conditioned to associating eating with a certain place, such as a shopping mall, substitute a new behavior for old habits next time. Instead of ice cream, buy yourself cologne or a new shade of nail polish.

9. Don't weigh yourself every day. Once a week is better, since body weight fluctuates for many reasons other than fat loss and can be misleading.

10. Add exercise to your routine. Park a few blocks from work and walk. Use stairs if you can instead of the elevator. Put on some music and dance or do calisthenics at home. Play Frisbee with the kids. Even better: Start a planned exercise program, twenty minutes at least three times a week, and stick with it. Choose an activity you enjoy and you'll be more likely to stay with it for the long haul. (Of course, before beginning any exercise program, check with your physician.) **End**



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Ironically, when a young person comes from a well-t family, he may face additional problems. "Sometimes, more resources a family has, the more it enables a pe to maintain a habit," says Dackis. "It happens without parents even knowing about it."

Says Marlene Fromme, Ph.D., a codirector of Crea Solutions, a New York–based private drug-rehabilita center: "A lot of young adults, especially those from up class families, simply haven't ever learned you can't ha all. These kids grow up without ever learning about lin They have a feeling of wanting more, so they try to o erate the bad feelings by taking something that promise make them feel good. When these kids realize they can't it all, cocaine is one way of coming to terms with that.

"That's the kind of patient we see every day," contin Fromme, referring to kids from high-powered, wea families. "These youngsters are under a tremend amount of stress. When both parents have high-press lives, the kids can become time bombs, waiting to go o

Those who know the Zaccaro family say Gerry had tainly never seen her smart and popular son as a t bomb. She and her husband had done everything t thought was right for their children. Ferraro had a c respect for the law and its processes, a respect she tau her children to share. Now the two roles that she had t all her adult life to combine—devoted mother and a legal professional—would come into conflict.

As the *Journal* went to press, John's attorneys had f a motion to have the evidence suppressed, charging t his arrest was the result of illegal search and seizure they are successful, the prosecutor's case will be we ened, and the charges will have to be changed from pos sion of cocaine with intent to sell to simple possession.

But not all the questions about this case can be

GERALDINE FERRARO

continued from page 88

with a grimace, "we found ourselves on the front page of *The New York Times*."

Reactions on the Middlebury campus ran the gamut from sadness and support for John to outright anger. "Whenever somebody is visibly identified with alcohol or drug abuse, people get shaken up," says Gary Margolis, Ph.D., director of Middlebury's counseling center. "They worry about whether this person's behavior will affect everybody."

The worry was magnified over the following days, as network camera crews converged on the sleepy campus. Many students bristled at the picture of their school reflected in the media. "That kind of reporting really hurt us," says Lori, a twenty-year-old philosophy major. "The fact is, whatever John Zaccaro did or didn't do, it was just him, not all of Middlebury. But you won't read that." (It would be a bad month for prestigious private schools. Just three weeks after John Zaccaro's arrest, Brown University, where his sister Laura is a freshman, was rocked by scandal when police uncovered a prostitution ring involving students.)

Had John Zaccaro, Jr., been just a cocaine user it would have been bad enough, but the charges also included intent to sell. To psychiatrist Charles Dackis, M.D., of New Jersey's Fair Oaks Hospital, one of the nation's leading cocaine-addiction treatment programs, this part of John Zaccaro's story is all too familiar. "Coke addiction requires a lot of money," he explains. "Many of these kids have an eight-hundred-dollar-a-week habit, and the easiest way to support it is to get involved with supply. I'd say well over half of young compulsive cocaine users deal." They may not do it for the money, he explains, but only to support their own use.





ed in court. When your name is Geraldine Ferraro, e is another set of charges to answer: the ones that e from the public. Ferraro should have known what son was doing, people said. She could have been a er mother. She must have done something wrong while children were growing up.

the public debated Ferraro's toughest crisis, some le smugly proclaimed that if only she had stayed e and raised her children as a woman should, none of would have happened. Others shook their heads and arked that as a wife and mother, she had to be in some responsible for her husband's and son's actions. Still r people, who supported Geraldine through her hus-'s legal difficulties, abandoned ship once her son's prob- began, believing that having *two* family members in ble was simply more than her image could bear.

ut Ferraro also had her defenders, who maintained no woman should be held accountable for all of her ly's actions. If a famous *man's* son does something bad, charged, the public feels that the boy is a disappoint- t to his father, and people are sympathetic. After all, a is out doing important things. How could he have wn everything that was happening at home? Where his wife during all this? But when a famous *woman's* does something wrong, the public feels that she's the ppointment—an unfair double standard.

was hardly a political setback to the Kennedy family, nstance, when David Kennedy, son of the late senator ert, died of a drug overdose in 1984. It did not reflect y on John Lindsay, the former mayor of New York , when his son was arrested for possession of cocaine e years ago. And when Paul Newman lost his hand- e twenty-eight-year-old son, Scott, to drugs and alco- or Art Linkletter's daughter died in what was believed to be a drug-related accident, most people responded with understanding and compassion for a family in pain.

Still, the ultimate irony is that Ferraro, who has been ranked highly on polls of most-admired women since her campaign and has done much to improve women's status and expand women's career options, has been betrayed not by her own actions but by the actions of the men in her life. Whether these tragedies will set back the causes she has stood for is still unknown. Also unknown is the answer to a more difficult question: Was the moment that John Zaccaro, Jr., stepped outside on that chilly Thursday night the moment the clock stopped on his mother's political career?

In her book, Ferraro wrote about the campaign's effect on her family: "As the mother of Laura and Donna Zaccaro, my candidacy had been well worth it, expanding their life options a thousandfold. As the mother of John Zaccaro, Jr., my candidacy as the first Italian-American on a presidential ticket had given him new pride in his heritage. But as Mrs. John Zaccaro, I had my doubts." Now, a year after she wrote those lines, she had seen the other John Zaccaro arrested. In sticking by the men who are her greatest source of personal pride and strength, she may have sealed her political fate. She has learned, as a nation watched, that tragedy and heartache come with the territory—not only of being a famous politician but of being a family living with the complexities of life today. And that is true whether your name is Ferraro, Zaccaro or Smith.

Just months after her vice-presidential campaign ended, reflecting on the effects of the intense pressure and public scrutiny on her family, Ferraro made a statement that seems even more poignant today. "If God had sat me down before the nomination and shown me a videotape of what those awful months would do to my family," she said, "I would have said, 'God, could you pick Dianne?'" **End**



Why Are We Giving Away Famous BodyFlex-II™ Home Gyms

for only $9.49?



Hard to believe, *but true!*

A leading New York firm will give away its most *expensive* home exercise machines—the best-selling GFX BodyFlex-II—for the astonishing publicity price of only $9.49 to every person who writes to the company address (below) before midnight, August 30, 1986.

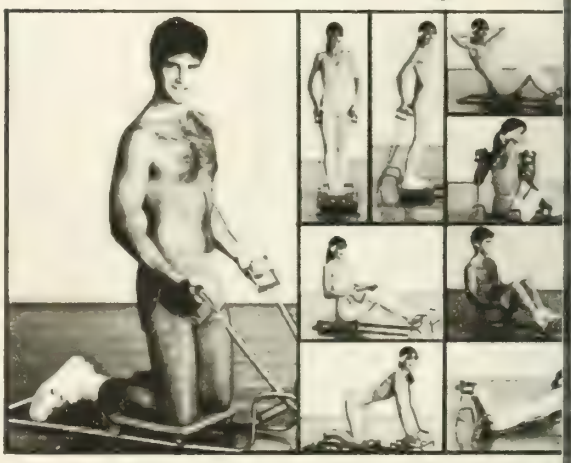
This *original* publicity ad must accompany your request. No copies or photostats.

These are the same famous GFX BodyFlex-II Home Gyms nationally advertised in leading media comparable to those sold by others for many times the price.

BodyFlex *combines* functions to save you time. You get not only a superb muscular workout... you also receive tip-top aerobic conditioning! That means you can flatten your tummy, tone your arms, trim your thighs, slim your waistline, firm your buttocks, develop your chest and energize your cardiovascular system—*all on one machine!*

Achieve a shape that looks great in designer jeans and bikinis—in just *minutes* a day. Even melt down fat and tone up muscles while you watch your favorite TV show. When you're through, BodyFlex hides away in a closet or under the bed.

Bio-engineered of precision tubular steel, with durable tension springs and smooth rolling seat, *plus a fully padded seat, which is soft as a cloud!* No wonder the GFX BodyFlex-II is the fastest selling and most *expensive* home exercise machine ever sold by this famous multi-million-dollar New York firm.



These Home Gyms will *not* be sold at this public price by the company in any store. There is a limit two (2) per address at this price, but if your reques mailed early enough (before Aug. 25) you may or up to five. Each machine is covered by the compan full one-year money-back guarantee.

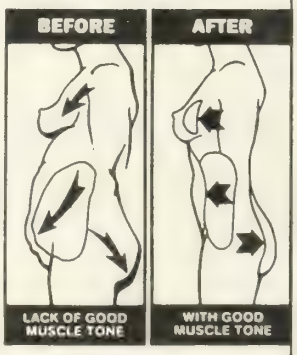
Mail this *original* publicity ad (no copies or photosta together with your name and address and $9.49 each BodyFlex-II. Add only $5 shipping and handl per machine. (New York residents add sales tax.) All up to 6-8 weeks for shipment. *Make check payable RTM Co.* Mail to: **RTM BODYFLEX HOME GY Dept. 949-102, Box 1781, Hicksville, New York 118 (A211**

Lose FAT and FLAB...

in just 10 minutes a day

with the BODYFLEX™ *Miracle Tone-Up!*

You can't look and feel attractive without good muscle tone! Now start getting rid of embarrassing bumps, bulges, large stomach, flabby breasts and buttocks—the BODYFLEX way! In just 10-minutes-a-day you can begin to feel younger, fight cellulite build-up, look like a million dollars in a bikini—and start enjoying the time of your life! Results are GUARANTEED for men, women, teens—or money back.



Melt fat and flab away the 10-minute BODYFLEX way!

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Announcing the world's first porcelain and crystal bell

The two artistic mediums most cherished by collectors... brought together as never before.

Hand-painted porcelain / Full lead crystal
24 karat gold embellishment / $69

e loveliest and most unusual bell ever created.
u've probably never seen a work of art so tempt-
. A delightful goldfinch of hand-painted porce-
n nestles on a sprig of flowering apple. His perch
ms to dance on air. And his song is the note of
l lead crystal.

This is the joy of owning the world's first porce-
n and crystal bell. Impressively wedding the two
istic mediums most cherished by collectors. And
nderfully affordable at just $69, in three monthly
tallments of $23 each.

Created by Wilhelm Buehler, the internationally
nowned bird artist, "Goldfinch" is a work of
nning realism. The golden plumage, black cap
d tipped feathers of the American goldfinch are
precisely defined. As are the petals of each flower
d the serrations on each leaf.

Its crafting is equally remarkable. The sculpture
hand assembled from individual porcelain cast-
gs. After firing, it is painted by hand—each
ther, leaf and petal. Full lead crystal is tinted to
lush of apple-blossom pink...and hand gathered
form the bell. Pure 24 karat gold rims the bell.
d a faceted crystal clapper, on a 24 karat gold
ctroplate chain, provides the lilting ring and an
gant touch.

An important first for collectors, and a treasure
rare enchantment to display in your home, this
ported porcelain and crystal bell is available only
m The Franklin Mint. To enter your order, sim-
y sign and return the accompanying order form
June 30, 1986.



Sculptured porcelain and crystal bell shown actual size.

© 1986 FM

ORDER FORM

GOLDFINCH

by Wilhelm Buehler

The Franklin Mint
Franklin Center, Pennsylvania 19091

I wish to order Wilhelm Buehler's "Goldfinch," an original sculptured bell to be handcrafted for me in fine hand-painted porcelain and full lead crystal, decorated with 24 karat gold.

No payment is required now. Please bill me in three monthly installments of $23.* each, with the first payment due when my bell is ready for shipment.

**Plus my state sales tax and a total of $3. for shipping and handling*

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ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City, State, Zip _____

Not sold in stores. Available only by direct application.
Please mail your order by June 30, 1986.

4



S·T·A·R G·U·I·D·E

FOR JUNE

ARIES (March 21–April 19) You may feel that the demands of your family are confining you to your home. Get away for a few days and visit friends and relatives you haven't seen for a while. If you can't travel now, get involved in community events or take a class at a local college.

TAURUS (April 20–May 20) Money may be tight this month, so cut down on your expenses. You may be offered financial or investment opportunities, but consider them carefully before accepting. A valuable possession you thought was lost may turn up unexpectedly.

GEMINI (May 21–June 20) Pay more attention to your appearance now. Try a new hairstyle or add some pieces to your wardrobe. Speak your mind at home or at work if something is bothering you.

CANCER (June 21–July 22) Stop trying to do everything for everyone. Although you want to help friends and family members, you don't have time to solve everyone's problems. Offer others advice, but let them work through their dilemmas themselves.

LEO (July 23–August 22) This month, social events are very rewarding. By attending local functions, you may meet someone who can help you with your career goals. Plan to give a party of your own and invite friends you haven't seen for a long time.

VIRGO (August 23–September 22) This is a good time to reevaluate your ambitions, especially since you may be feeling particularly restless and bored. Consider changing your job or even your career. But don't make any decisions until you talk it over with family or friends.

LIBRA (September 23–October 22) This month, you may learn a lot of new things about yourself. If you keep an open mind, you may become interested in some groups or organizations you have never considered joining before. A newfound interest in the past may inspire you to research your family history and traditions.

SCORPIO (October 23–November 21) Your finances are in good shape this month. But don't spend impulsively extravagantly. Consult family memb before making any major purchases.

SAGITTARIUS (November 22–Dece ber 21) This is a lucky month for de and partnerships. But beware discu ing details with people who may not on your side. Check out all facts bef signing contracts or documents.

CAPRICORN (December 22–January Get back to the exercise and diet p gram you've neglected because you been too busy. If you're changing y workout program or starting a n one, consult your doctor. Make m time to relax as well.

AQUARIUS (January 20–February Love and romance are very import to you now. However, you may have rearrange your schedule to make y sweetheart happy. Plan some eveni alone together, and discuss any matt that have been worrying you.

PISCES (February 19–March 20) Fa ily members are more sensitive to y needs than you realize. Tell them w is on your mind, and they may offe help. Try to organize your domestic so you can concentrate more fully your career goals. —FREDRICK DAV

GREEN THUMB JOURNAL

e is the month when you can truly
ıire the beauty of your garden.
nies, irises, roses, lilies and fruit
:s are all in full bloom, and your
den should be a delightful mixture
ragrances. Each June I survey my
den critically as well. If there are
flowers I don't like or any color
nges I want to make, I place a small
ke with notes written on it near the
/ers in question to remind me to
ke the changes in the fall.

une is also when your roses come
) all their glory. But don't be so car-
l away with their beauty that you
get to spray them with pesticide. I
ay my roses weekly with Funginex
ailable in most garden centers and
'series). And remember, never water
the day you spray. When you water,
t early in the morning so the leaves
dry before sundown. This will keep
m free of mildew and black spot.

Toward the end of June, prune your
cs, spiraeas and viburnums, as soon
hey have finished blossoming. (Wait
il after July 4 to prune your
leas.) After pruning, work a little
tilizer into the soil around each bush with a cultivator (a tool that loosens the soil). This will stimulate your plants and get them off to a good start for next year's growth.

Now's the time to visit some local nurseries to look for new varieties of your favorite plants. Repot your new plants and create some pretty arrangements with them for your porch or terrace. Be creative. Group different types of plants together for a fresh look, or use several varieties of the same plant to create a striking display. Personally, I love to use geraniums of all different sizes and colors to decorate my terrace.

Tips for gardeners

- To keep your plants looking their best all summer, give them liquid plant food every two weeks, starting the first of June.
- Protect lilies and peonies from storms or gusts of wind by staking them. Use tall, sturdy stakes for these flowers and for your tomato plants as well.

Answers to gardening questions

Q. *What flowers work best in cut-flower arrangements, and how should I arrange them?*

A. I think lilies are fabulous in cut-flower arrangements. They bloom from May until September, in every possible shape, size and color. And once cut, they last for two or three weeks. I've also found that peonies, tuberoses, zinnias, marigolds, gloriosa daisies and roses (cut while still in bud) make long-lasting flower arrangements and are good for repeat cutting. As far as designing arrangements, I have no set rules. I love all these flowers separately or mixed together, and I find that most flowers complement one another. I also like to try daring combinations; for example, I'll mix different kinds of potted orchids with cut flowers to create wonderfully exotic arrangements.

Q. *What plants and flowers are the most fragrant?*

A. For fragrant bouquets, I love roses, peonies, lilies, lilacs and freesias. The plants whose fragrances I like best are the sweet olive (*Osmanthus fragrans*), scented-leaf geraniums (mint, rose, nutmeg, apple, lemon and coconut, to name a few), *Lavandula dentata* (a lavender plant that grows well indoors), gardenia, citrus, narcissus, daffodils, hyacinths, jasmine, hoya, lemon verbena and some cyclamen, including the new mini varieties. Any of these plants will keep your home or your garden smelling sweet. —C. Z. GUEST

Send gardening tips or questions to C. Z. Guest, LHJ, 3 Park Avenue, New York, NY 10016.



FAMOUS NATIONALLY ADVERTISED 35 MM CAMERA WITH ACCESSORIES * ONLY $10?

UNBELIEVABLE BUT TRUE!

As part of a nationwide advertising campaign, the New York importing firm of the Direct Connection will give away one million (1,000,000) of its most expensive 35 mm cameras with accessories for the astonishing low price of only $10 each to the first one million persons who write to the company address (below) before midnight Aug. 30, 1986.

These cameras are not copies. These are genuine famous brand 35 MM cameras ... compatible with virtually every camera attachment made by the highest quality manufacturers. The new 50 MM color optical lens with a 1.6 lens speed lets you take better pictures even in insufficient sunlight. There's even a built in exposure meter with four (4) intensity modes to ensure a clear, sharp picture no matter what the light conditions are.

The new super sharp, see through viewfinder with parallex correction and the preselected focus control makes it incredibly easy to take sharp, focused pictures without wasting a lot of time. Flash attachment is simplified with the "hot shoe" flash holder (A feature found only on better cameras).

Not only the most expensive, but also the fastest selling 35 MM camera ever sold by this giant New York firm. Precision crafted of the newest spaceage materials make this camera rugged, yet light enough to always take along. *Complete accessories include a leatherette carrying case, protective lens cover, and clip on shoulder strap.

Sorry ... Due to manufacturers request we are unable to reveal the brand name of this Famous 35 MM Camera during this market research study.



FULL ONE YEAR MONEY BACK GUARANTEE!

These famous 35 MM cameras will not be sold at this price by the company in any store. To obtain one at this special promotional price, mail this original printed ad to the company before Midnight, Aug. 30, 1986.

Each camera is covered by a full one-year money-back guarantee and will be replaced by the company, free of charge, if it ever fails to function. There is a limit of two (2) cameras per address at this price, but requests which are mailed early enough (before Aug. 15) may request up to five.

To obtain your Famous Brand 35MM camera with accessories, mail this original ad together with your name and address and $10 for each camera. Add only $2 shipping and handling no matter how many cameras you are requesting. Mail to: **The Direct Connection, Dept. 4701, 37 West 26th Street, New York, NY 10010.**

Massage Away Tension, Stress & Discomfort!!

NEW "Massage Slippers":

- **Relax your entire body!**
- **Stimulate energy flow!**
- **Comfort fitted band!**
- **Simply wear them in and around the home pool, or beach and you'll feel great!**



FREE Pressure Point Chart Included

NEW ADJUSTABLE VELCRO STRAP!

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Special "Soft Nodules" . . . stimulate your foot's pressure points to energize your entire body!!

Amazing "Massage Slippers" energize your entire body!

These soothing slippers have dozens of stratigically placed nodules that gently massage the soles of your feet to rid you of tension and discomfort. Each nodule stimulates a different area of your foot, sending spurts of energy to various points throughout your body. You'll feel refreshed and relaxed from foot to head. Sturdy yet flexible, these fun-to-wear slippers provide comfort after an activity-filled day or when you've put too much pressure on your feet. Slip on a pair and you'll never want to wear ordinary slippers again!

MONEY-BACK GUARANTEE

You must be 100% satisfied with any product you buy from THE DIRECT CONNECTION or you may return it for a prompt and courteous refund of the full purchase price.

THE DIRECT CONNECTION **MEMBER DMCNY**
37 W 26 St. NY, NY 10010

the DIRECT CONNECTION
Dept. 7501 , 37 W 26 Street, NY, NY 10010

CUT HERE – SEND COUPON ONLY

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TOTAL_____

One pair for only $9.99 plus $2.00 shipping (Total $11.99)
SAVE! Order two or more pair and pay just $2.00 shipping no matter how many pair you are requesting.
*Limit 4 pair per order.

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Signature _____
Print Name _____
Address _____
City _____
State _____ Zip _____

Size	S	M	L	XL
LADIES	6	7	8	9
QTY				
MENS	8	9	10	11
QTY				

CASSETTE CORNER

is is a continuing *LHJ* column that views videocassettes ranging from mes and movies to educational and w-to tapes. This month's column fo-ses on some of the popular films of 35 that are currently available on leocassette.

4 *View to a Kill* (CBS/Fox Video, ed PG, $79.98). With Roger Moore, ristopher Walken, Grace Jones and nya Roberts. In this most recent mes Bond film, 007 must stop a psy-otic killer who is determined to de-oy Silicon Valley and gain control of e world computer market. Exciting enes in Paris and San Francisco will peal to Bond fans.

Mask (MCA Home Video, rated -13, $79.95). With Cher, Eric Stoltz d Sam Elliott. The story of the last ar in the life of a teenager whose face severely disfigured by a rare disease inspiring, sad and funny.

Pale Rider (Warner Home Video, ed R, $79.95). With Clint Eastwood, chael Moriarty, Carrie Snodgress, ug McGrath and John Russell. In is interesting western, Eastwood ays a mysterious preacher who helps ite a California gold-mining colony agued by violence.

The Purple Rose of Cairo (Vestron deo, rated PG, $79.95). With Mia Far-w, Jeff Daniels and Danny Aiello. is film, directed by Woody Allen, ustrates what could happen if a ovie character literally stepped off e screen into reality. The results ake for a very funny movie.

The Falcon and the Snowman (Ves-on Video, rated R, $79.95). With Tim-hy Hutton and Sean Penn. This fast-ced and sometimes tension-filled ovie is based on the true story of boy-od friends who sold American de-nse secrets to the Soviet Union.

Prizzi's Honor (Vestron Video, rated $79.95). With Jack Nicholson and athleen Turner. In this black comedy, icholson and Turner play a hit man d woman who fall in love and marry. heir union creates unique and dan-rous problems, particularly within e crime family Nicholson works for. he of the best films of 1985.

Rustler's Rhapsody (Paramount ome Video, rated PG, $79.95). With m Berenger, G. W. Bailey, Marilu enner, Fernando Rey and Andy riffith. This spoof of 1940s B westerns s a good cast and some very funny enes. —ANNE VACCARO BRADY

Once we perfected the pickle,



The perfect sweet pickle should sound so crisp and so crunchy that it threatens the sound barrier. That's why DEL MONTE® Sweet Pickles are sweetened and pickled in the vat for perfect crispness. Not in the bottle for something less than perfect. That's why we use 40 natural spices for perfect flavoring instead of artificial spices or coloring. But that's what it takes to find perfection in the pickle. No one said it would be easy.

perfecting the relish was easy.

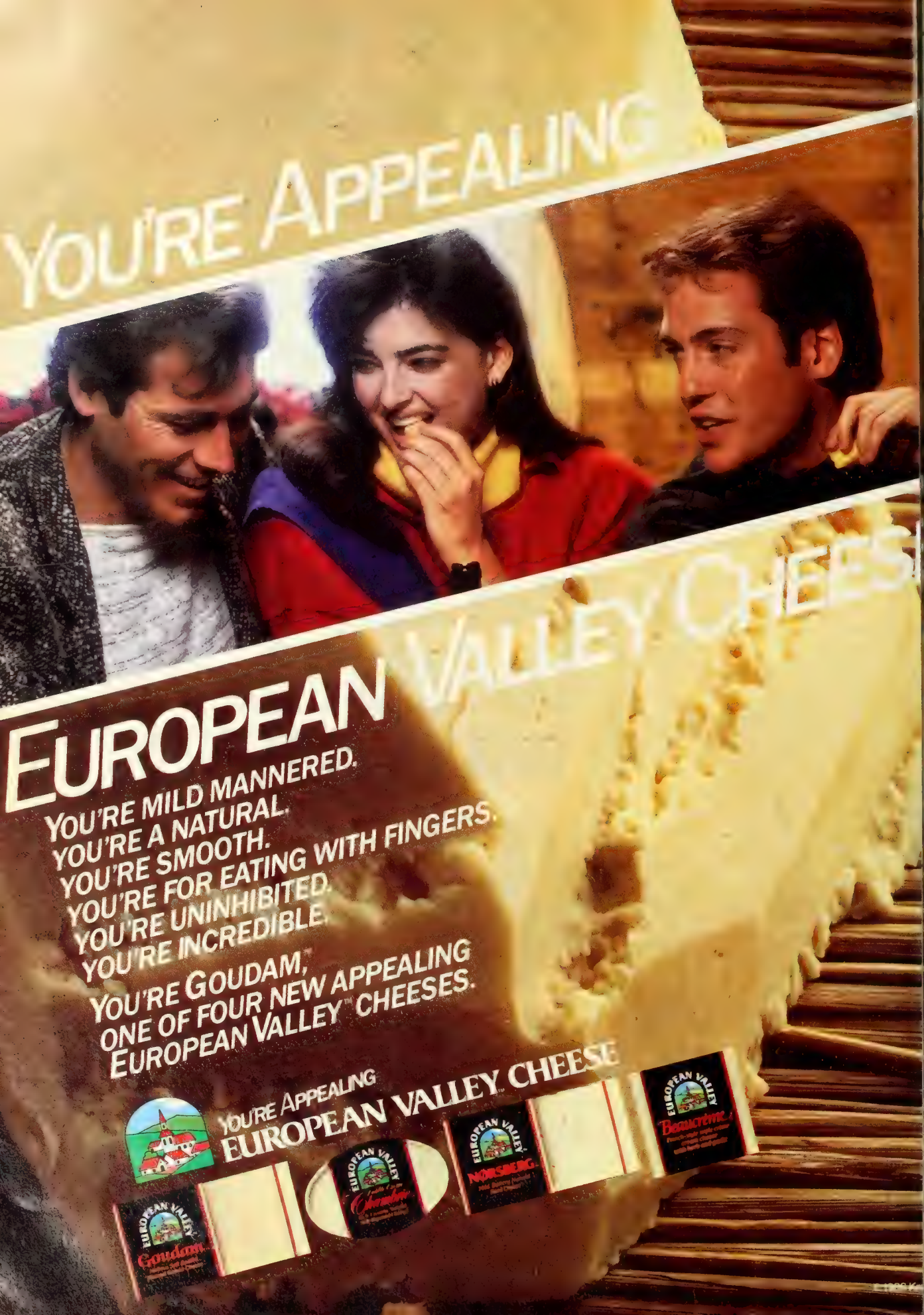


First of all, we only use DEL MONTE® Pickles in DEL MONTE Relishes. Why should we gamble with someone else's pickles when we already have the perfect pickle? And since we don't compromise on the pickles in our relishes, we don't compromise on anything else in our relishes. We only use special bell peppers and natural spices for flavoring. Never any artificial spices or fillers. The result is a relish so perfect it brings the best out of anything you put it on.



Pickled perfection.

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ONE OF FOUR NEW APPEALING
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The most popular, always-right styles of quality-crafted, 18 kt. gold-plated earrings. Each collection of 6 now beautifully priced at – $24.95 (a $70 comparable value). In your choice – pierced or clip.

These American-made earrings are carefully crafted and hand-detailed to such a degree that their quality is unsurpassed in anything close to their value. Each collection arrives in its own attractive compact travel case.

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YOUR EMPLOYER

continued from page 97

st work a forty-hour week. But em-vees may put in up to a ten-hour day may start as early as 6:30 A.M., ch allows greater flexibility in ar-ging time off.

o I get time off to have a baby?"

he area of parental leave, there are ost as many different kinds of bene- packages as there are companies. most progressive corporations are ible in their approach to their em-vees' needs and have taken the trou- to delineate their leave policies rly. The employee knows what to ect, and the company can plan effi-tly for the absence.

ome legal protection exists. In 1978, gress passed the Pregnancy Dis-nination Act, which classifies preg-cy and childbirth as temporary dis-lities that must be covered by urance. But this applies only to 40 percent of women who work for panies that *offer* disability insur-e—60 percent are not covered, and ess the pregnant worker happens to in one of the five states that provide arate coverage, she is out of luck.

lowever, various programs to re-ss this situation are being consid-ered by the states and Congress. Representative Patricia Schroeder (D–Colorado) has introduced a bill in Congress that would require employers to provide at least four months of unpaid parental leave to any employee—male or female—who requests it. "Without a doubt, parental leave is the family issue of the eighties," she says. "The Parental and Medical Leave Act of 1986 is the answer to the harsh choice men and women face between economic security and the family." Schroeder estimates that the bill has an excellent chance of passing the House this year and then moving on to the Senate.

Other organizations are making recommendations along similar lines. Medical, government and business representatives, meeting at Yale University's Bush Center in Child Development and Social Policy, suggested a six-month leave after the birth of the child, three months of which would be paid at three-quarters salary.

When couples adopt, unfortunately, companies rarely provide any benefits. CBS is one of the few that provides the same benefits—up to six months' leave—for a mother who adopts as for a mother who gives birth.

Six months off would be ideal for many parents, yet they often make do with less. Patricia Yancovitz, director of research for a television sales organization, felt that her three-month maternity leave was adequate to get her basic systems in place. "My maternity leave allowed enough time for me to do most things for my son. I found a good care giver, arranged the apartment for our new way of life, and even had time to do a little consulting for the company. My life was hectic but manageable."

And although many corporations still frown on the father who wants time off, paternity leave is becoming more common as new fathers become more involved in child care. Also important, particularly for the mother, is some sort of gradual reentry to full-time employment; part-time work for three or four months is a popular option when it is offered.

One company's solution At AT&T, under a program called Anticipated Disability and Care of Newborn Child Leave, the expectant mother is permitted unpaid leave before the birth of the child, followed by paid leave, the length of which depends on the length of employment. And although job security is guaranteed for only six months, in cases where both parents work for AT&T, the father and the mother can take up to a total of one year of unpaid leave between them. "No one's ever requested that," says Bruce *(continued)*

Important New Vitamin Facts from an Independent Hospital Survey:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

Better-balanced, advanced formula Unicap M. More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.

Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.

According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.

It's why the hospital's nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. Unicap M, for most vitamin users, the "appropriate" choice.

Potency guaranteed. Sugar free. Sodium free.



The Better-Balanced Vitamin from **Upjohn**



Unicap. The official vitamin of the National Hockey League.

Nutrition Insurance Update — No. 3:

TEEN-AGE EATING HABITS ARE PUTTING MILLIONS OF TEEN-AGE GIRLS AT "NUTRITIONAL RISK."

YOUR DAUGHTER MAY BE AMONG THEM.

Today the lifestyles and eating patterns of the "typical" American family have changed. Meal skipping, snacking and away from home meals are common phenomena. Add to this the habitual dieting f weight control among female teenagers, and it's no wonder that government and in dependent surveys show:

- 50% of all teenagers report they are no concerned about nutrition, and only 33% say they try to eat right.
- Among the one third of teen-age girls who are on reducing diets, many are on so-called fad diets. These can pose real health problems.
- The diets of adolescent girls who consumed less than 70% of their energy requirements met the RDA (Recommended Dietary Allowance) for only one of the 1 nutrients studied.

The mother of a teenager whose daughter fits into the profile above should becon aware that her youngster may be facing th risk of vitamin and mineral insufficiency and should be encouraged to take certain steps to help her daughter maintain good health. For instance:

- Urge your teenager to eat balanced meals; including foods from each of the "basic four" food groups — dairy products, fruits/vegetables, cereals/grains and protein rich foods (meat, poultry, fish).
- When eating at home, take more time to plan meals. Plus, pay more attention to choosing foods for their nutritional contribution to the diet rather than for convenience.
- Make sure your youngster avoids food faddism and "crash" diets, especially those followed for more than a few weeks.

The wisdom of maintaining the best nutri tional health possible for your teen-age daughter should be self-evident. Yet, for many adolescents a balanced diet is difficult or even impossible to achieve. Under these circumstances, helping rebalance un balanced meals with a vitamin/mineral supplement becomes a valuable adjunct to the diet. One such supplement you might want to consider is Unicap M.

Better-Balanced Nutritional Supplements from Upjohn.

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ERSITY STUDY WITH MYCITRACIN® TYPE ANTIBIOTIC REVEALS:

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Helps keep small hurts from becoming big infections.

Chance of infection cut 68.4% for children with minor skin injuries.

A doctors' study conducted at a leading university used a first aid ointment with a formula such as found in triple antibiotic Mycitracin. It was applied to a variety of minor skin injuries among a group of boys and girls age two to five.

The result? The group using the ointment developed 68.4% fewer incidences of skin infections than a group that did not. Or: those children who did not use the ointment were more than three times as likely to become infected. When minor cuts, scrapes and burns occur, use soothing Mycitracin.



YOUR EMPLOYER
continued

ligan,of the company's employee-ben-
s program. "It would mean a big fi-
ıcial sacrifice. Recently, however, we
l a couple who took consecutive leave:
e mother stayed home with the child
three months, then the father took
ee months. That seemed to work well."
Another AT&T employee, Maureen
orak, took a full six months to be
h her newborn son. "Peace of mind
very important when you're a new
ther, and there's no uncertainty with
&T's leave policy. I knew that after
months a job at my level in my de-
rtment would be waiting for me."

Ve don't need two health plans"

day's two-paycheck couple may find
ıt their individual benefits plans re-
t in wasteful duplication. Each, for
ample, might be covered by the
ıer's health insurance, making one
rson's coverage unnecessary. Compa-
es are discovering that by allowing
lividual employees to trade equiva-
ıt benefits (choosing additional vaca-
n time instead of life-insurance cov-
ıge, for example), they can reduce
ıenses and make employees happier.
ıe company's solution In 1982, Proc-
& Gamble began allowing employ-
ees to design their own benefits pack-
ages, which can be altered as personal
situations change. Called FlexComp,
the program allots employees dollar
credits that can be spent on a variety of
benefits: an IRA, eye care, life insur-
ance, child care, extra vacation time,
various financial planning services
or added dental coverage. If none of
these choices appeals, the employee
may elect to receive cash.

Linda Ulrey, an assistant in Procter
& Gamble's public-relations depart-
ment, is the mother of two girls. "One
of my children is in school for half a day
and has a baby-sitter for the hours she's
at home; the younger one is in a day-
care center. I spend the majority of my
FlexComp money on child care. It's an
enormous help in getting the caretak-
ing we want for our children."

"I've got a special problem"

Until recently, an employee's personal
problems were usually ignored by cor-
porate America. But as more employers
realize that personal problems can
hamper productivity and affect com-
pany morale, many companies are re-
sponding by showing a new interest in
all aspects of their employees' lives:
work-related, emotional and physical
as well. Some large corporations are
providing a whole menu of services for
their employees: Drug- and alcohol-
abuse counseling is commonplace, in
addition to programs that cover mar-
ital relations, parent-child problems
and work-related problems.

Many companies also offer practical
information about financial manage-
ment and legal counseling, as well as
lunchtime seminars where experts give
talks on a variety of subjects—health,
diet, computer science—anything that
might be of interest to the work force.
One company's solution Wells Fargo's
Employee Assistance Program ad-
dresses psychiatric, medical, legal, fi-
nancial and child-related concerns and
serves about twelve hundred employees
a year. In 1976, the company estab-
lished a network of licensed profession-
als available to all employees for tele-
phone consultation or to refer the em-
ployees to nearby experts in the appro-
priate field. "You simply can't separate
personal problems from the work-
place—they do affect the employee's
performance," says Lona Jupiter, se-
nior vice president, corporate commu-
nications. "Now our people have a place
to turn to for help."

"How can I get my company to change?"

You may be working for a company
that is satisfied with its *(continued)*



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As seen on page 104

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YOUR EMPLOYER
continued

management policies. Profits are good, workers are conte ed, and there is no ground swell of employee protest. you want more: What do you do?

Organize Innovation can start at any level in the compa Corporations that have a large percentage of female emp ees are probably going to be more sensitive to their need your company is responsive, discussions with high-level ministrators or the human-resources department can of get the ball rolling.

If management is indifferent, however, start talking w other women in the company, especially those who h already been through pregnancy, maternity leave and re try (and don't forget sympathetic male employees wh working wives have had the same experience). What w smoothly and what needs to be improved? The more emp ees you talk to about problems that affect them persona the larger will be your group of advocates when it co time to petition management.

Document your own company Corporations are often dition-bound and are rarely eager to change without g reason. Since many companies do not collect data on results of their own policies, it's up to you to give them t reason. If you have a list of grievances—inadequate leav sickness benefits, rigid hours, unenlightened child-care rangements—talk about the bottom line when indicat *why* changes might be tried. For instance, use the studies cited in this article. Be positive; mention poten benefits, not past problems. In your proposal give projec estimates of lower absenteeism and greater productiv Have some plan for follow-up evaluation after policy been changed. Ask a statistics-savvy employee to anal the data so that you can make a well-documented case keeping the innovation. Present your argument in term the money that could be saved.

Document other companies Some companies *do* keep tr of their successes and failures when policies are chang Look for published reports and newspaper articles that s port your point of view, as companies are very interested their competitors' experiences. The research organizat Catalyst (250 Park Avenue South, New York, NY 10003) also be a great help.

Tax breaks Your company probably knows about the E nomic Recovery Tax Act of 1981, but it can't hurt to do so research into what other tax breaks might be available your state for introducing employee-assistance benef There might be, for example, tax incentives for employ who support day care.

How to set up a meeting To achieve change in a reluct corporation with minimal damage to your career, rem ber to stick to basics. When you've gathered your ammu tion and are ready to start discussing specifics, *go thro channels*. In a small company, this may mean havin casual chat with your immediate boss. In a larger compa you might have to get your boss's permission to get his her superior's permission to approach the appointments retary of the manager on the next rung up.

If a meeting is scheduled, make sure you're prepar Find out how many people will be attending the meeti and have copies of your report for them, plus any necess backup material. Your report should include your spec request, why your company needs such a change, how it help your corporation increase productivity and profit, a what similar companies have done in the same area.

The smart employee will find out as soon as possible company's policy for implementing change. Knowing rules and then taking the initiative will give you the adv tage you need to bring about change.

AMAZING GRACE
continued from page 114

thing. They sweat discomfort. ey're so slow to adapt, so slow. Some- ies I have to bite my lip to keep my itation from showing. (It's a fact; my nds, my daughter in college, all chide ; I'm too intolerant of slow thinkers.) I'm told my voice has a lot more racter than those new instant bank ers that talk," I say. "After all, this he genuine article, this comes from ona fide larynx. It's not a matter of os from a battery."

They laugh a little at that. And then y blush, feeling guilty for laughing. t I often ask myself: Why has no one ented a way to teach me tone and ch? If a man can d passage to the on, if the *Titan*- -that sleek needle of hip—can be found in its aying black haystack of ocean, can it so impossible to find a route through found deafness?

There's just one thing," I say tartly. ou'll need to attract my attention be- e you speak. Touch my arm, wave a g, something like that. I have to ch your lips. Is this asking too ch, do you think?"

collect shamefaced blushes like lps. It seems to me to even the score. You're too hard on people, Mother," daughter says. "You don't give them hance. You expect too much." She kes her head. "You're not being *gra- us*," she says.

This is her old joke, but she's earned right. She grew up—it wasn't y—in a silent house; well, not com- tely silent, but her hearing/talking ner left early. Walked out, left a note d didn't come back. I can't blame n. I'm not easy to live with. I'm not— true—renowned for graciousness.

But my name, alas, is Grace, which es off the dreadful mustiness of lace lies and antimacassars and lavender d white church pews. "Now a word of yer for our poor sister Grace," you almost hear a minister say. I think, en all the circumstances, I'm about gracious as can be expected.

And in fact I'm an expert on voices. Some of them sail out between the s in stripes and stars. I've watched m: red, white and blue, a billowing th of certainty. A ketchup magnate, who wants tax write-offs and tched philanthropic donations in rsuit of a private gallery, which will ough only incidentally) bear his me. Or a mayor wanting to commis- n a painting and upmarket votes. is project, they say, leaning into the nd of endowment funding, has a htness to it, a national cultural re- gional universal significance that the McBurney Foundation cannot fail to support and which . . . (I watch the lower registers of their voices, the way the cheek muscles pitch and toss, the way the rigging in the neck pulls taut.)

"Your proposal," I say, "will be very thoroughly weighed in the light of our two criteria: artistic excellence and financial need. The McBurney Foundation makes every effort . . . "

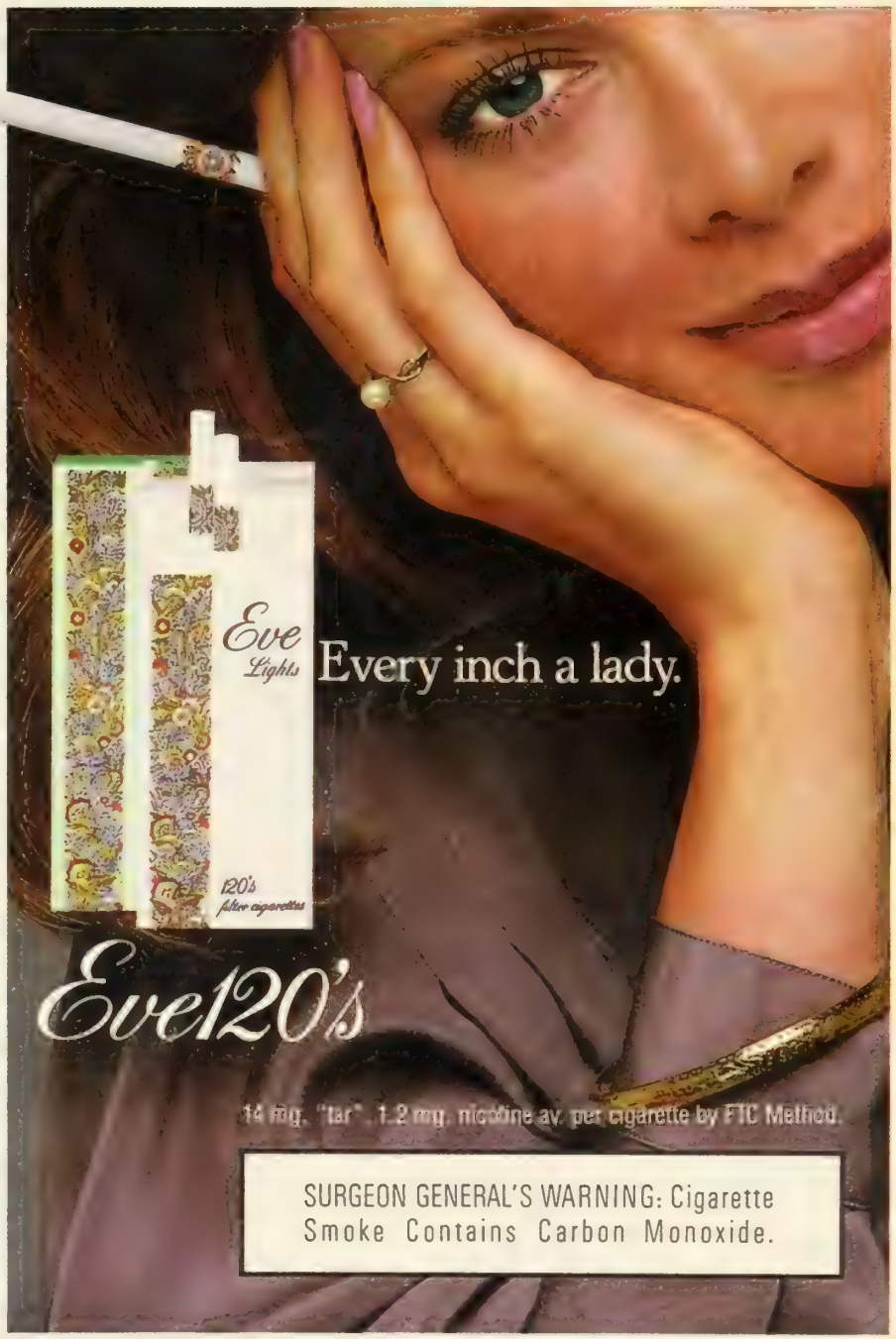
When will I hear? they demand. The wind cracks in their voices like a whip; I can feel the sharp draft. I'll call you in a week, they say. Then they falter. Their voices bluster and turn a dark, embarrassed red. Ah, they stammer, I beg your pardon, I suppose the telephone is not a . . . I suppose the mail?

"Telex," I say politely. "You've heard of the telex?" ("You're not fair to people, Mother," my daughter says. Was I anything but polite? I ask innocently. "It's your tone," she says. "It's your eyes." I suppose it's true. But people are so slow. They don't *think*.) "Or else there's my assistant, Julianna," I say. "You can make telephone contact anytime, through her."

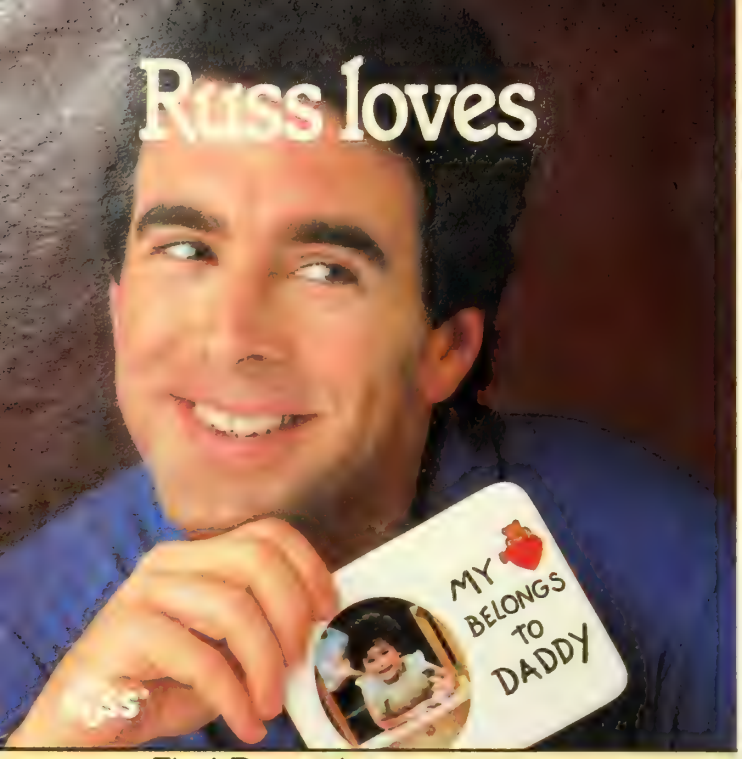
I call Julianna my ears—an efficient assistant, well trained—but she does not see the colors of voices as I do.

There are voices that float like mist, like the milky gold of Monet on an early morning river. They drift across my desk. They fill the room.

"I realize," these voices *(continued)*



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AMAZING GRACE

continued

quiver (it's the sound of a Monet canvas), "I realize that I may be no good at all. Sometimes I think I should just stop deluding myself . . . get a job . . . " I note the frayed lining hanging from a coat sleeve, I note the shoes. "It's so hard to know, just to know, in the beginning, if one is any good, or if it's all just a . . ."

They open shabby portfolios with trembling hands. Acrylics, watercolors, charcoal sketches, all their hopes. Their nerve ends brush my fingertips. A gold light climbs up through the mist and hangs there between us.

"Anything's possible," I tell them.

Looking at me, they can see it's true.

"You're amazing," they say.

I laugh at them, a clanking of all the right muscular levers. "We all are," I say. "It's a matter of passion and will."

Their voices are tipped with radiance, an edging of gold leaf.

For *My Ears*, I write on the card. *Happy Birthday. (I'd manage without you, but, oh, the cost!)* Then I add: *Here's to another good year.* I tuck the card into the flowers and place the box on Julianna's desk.

But she says when she comes in: "I can't take them. You mustn't." She walks about, wringing her hands. Her voice snakes around the room, rough-scaled, slow and dragging, wounded. I can see black patches, clots of gray.

"What on earth is the matter?" I ask.

"Oh, I'm so selfish," she says, full of misery. "So ambitious."

"I should hope so," I say, laughing. "Why else would I trust you with so much?"

She smiles just a little, and the gray in her voice begins to turn silver-white. "But you don't understand," she s "You're so good to me, you've trained me so well that . .

It takes her ten minutes to clamber around her non sical guilt and tell me. The Ford Foundation, she stamm has made an offer. They only make the unrefusable kin

"Julianna," I say. "This calls for champagne. I kno compliment when I see one. I'm not surprised the I people cast their envious eye on us."

By afternoon, there is a message on the telex from daughter. "Seems ages since I've seen you. I need a br from classes and term papers, and my roommate happen be driving into town tomorrow. Dinner at eight? Miss Love and kisses. Kathy."

Happens to be driving in, indeed.

Collusion again: She checks in with Julianna, Julia feels compelled to make reports. Honestly, honestly. E my nearest and dearest never learn.

And then this from Julianna, a neatly typed memo at bottom of the day's pile of business:

Alex Spencer has been chairman of Fine Arts at Wind College (my alma mater, you recall) but is looking for so thing new. Would be perfect for the job. Would be va superior to me.

Exactly, Julianna, exactly. And therefore why would y Alex Spencer, head of her own little empire, be intereste playing second fiddle to me? I know her type: the acade spinster, intense, neurotic, the kind who inspired your gr uate devotion but generates constant faculty conflicts. embarrassment. They are nudging her out.

"Julianna!" I call. But cunningly, she has left. The end of the memo reads:

I've taken the liberty of setting up an appointment at ele tomorrow, with lunch to follow. (I know you'll like Al Reservations at Chez Tessa for noon.

Oh, Julianna, My Ears, my exasperating, protective li goose. You may owe your Alex Spencer a favor, but you d owe me. I'll do my own recruiting and training, I'll stalk own new set of ears, I'll manage perfectly well till then.

But this is the way it is. They never learn. I have to m allowances.

When Julianna buzzes me at eleven (there's a light t flashes on my desk), a man with a white cane comes t tapping in. The sound of his cane feathers across the fl and brushes the soles of my feet. It's a white dove sound

Julianna is obviously not herself. It's unlike her to bur up appointments. But when she answers my buzzer, stands in the doorway and says, "This is Alex Spencer." I the blue veins of awe in her voice. "My favorite profes There's a painting of his in the national archives. A there's another . . ." I can see she wants to touch rumpled sleeve but doesn't dare. He's old enough to be father. "But that was before the accident," she falters.

I watch his knuckles tense on the cane, white agai white. "Auto," he says gruffly. (I see his voice butting the like a hibernating bear that has been disturbed. It lurc around the room.) "A thing of the past. Another life." makes a dismissive sweep with the cane.

"I'll leave you, then," Julianna says, trapping the tw us together.

"Please," I say, breathing slowly. "Do sit down."

I watch as the cane, feeling its way to the chair, pause midair. I catch the grimace.

"You'll find," I say drily, relieved that it's business usual, "that you'll get used to the voice quite quickly. Yo take it for granted. It won't even strike you as odd in minutes or so."

"There's a marsh bird," he says. "Lives up in the Be shires. I never could find out its name." He settles into a ch "A beautiful thing. I used to follow its cry for *(continu*



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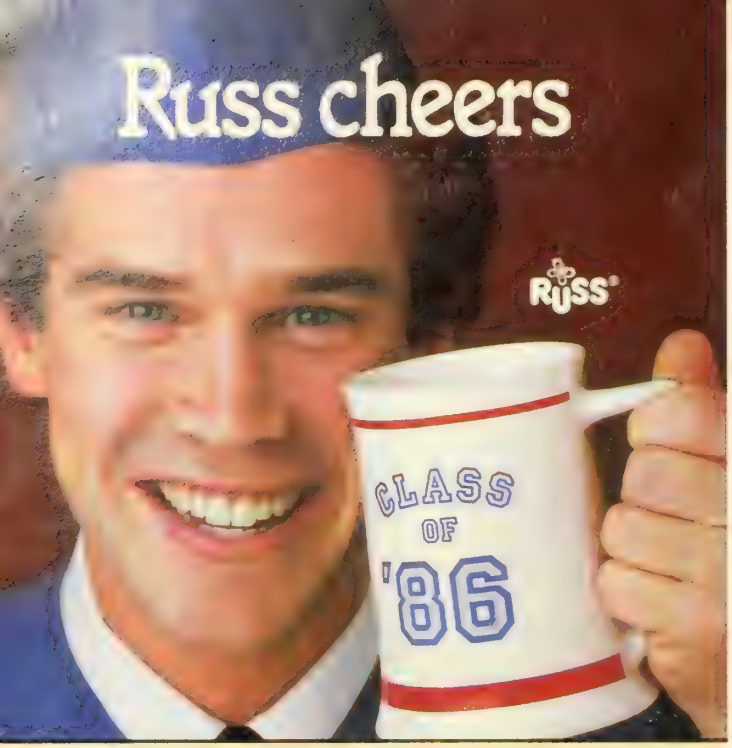
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AMAZING GRACE
continued

hours. I wanted to paint it. Your voice reminds me of that."

"I'm told," I say awkwardly (this was very unfair of Julianna, most improper), "that I sound a lot sexier than an instant bank teller."

He laughs. "Oh, indeed."

My voice blushes, coy as a girl, and shrinks into a corner of my larynx.

"Was it German measles?" he asks.

"Excuse me?" I try to say, but the levers don't work.

"Your mother, I mean," he says. "That's the usual reason, isn't it? German measles during pregnancy?" I don't say a word. "Obviously at birth," he says. "Before you learned pitch. I envy you that."

My muscles jolt into life, the air pistols out of my strained lips. "I *beg* your pardon."

"It's rougher when you know what you've lost, when you don't have a whole life to develop the necessary skills. Though heaven knows"—he laughs—"it's amazing what you can learn in the space of a year if you have to."

"Well," I say. "Shall we get down to business?" (He is sitting in my chair, after all.) "There's just one thing"—perhaps my voice has a slight cutting edge—"you'll have to *look* at me when you're talking. I have to see your lips."

He raises one eyebrow. "Of course," he says. But his unnerving blue eyes, from under their chiffon of vacancy, are on mine. Don't stare at me like that, I almost say.

"I'm sure you'll concur, as one experienced administrator to another"—I am pushing the air out slowly, instructing the right muscles, keeping control—"that one doesn't make hiring decisions on any grounds other than suitability for the position. The only possible criterion . . . and this is no reflection at all on your . . . " I swallow twice. "Julianna . . .

"Yes," he smiles. "Julianna. I'm relieved we agree. She's well-meaning child. I felt obligated to come. Didn't have th heart to tell her . . . " He sighs. "I suppose it's a slow proces teaching people not to fuss."

"Never ending, believe me." I can feel my throat cor unknotting. "I'm so glad you . . . because it's not just matter of *ears*. It's a matter of *lessening* complicatior Nothing personal, it goes without saying."

"Absolutely not." He sprawls comfortably in the chair, though suddenly untied. "I'm sure this is a perfectly respe table little foundation. Even if, by necessity, of course, som what limited."

"May I ask what you mean by that?"

"Well, musicians," he says. "You must have to restrict . . .

"The terms of the endowment," I say icily, "pertain only the visual arts."

"Well, that's wonderful." His voice is thick with syrup, patronizing maple sugar color. "Perfect for you. And I wa you to know, I have the greatest admiration for the way yo manage, it's extraordinary. But, as you say, one doesn make career decisions out of—"

"Pity," I say harshly. "Or compassion. Or even obligation And the truth is, Mr. Spencer, much as I'm fond of Juliann I simply have to have someone who . . . But I'll be more tha happy to make recommendations . . . "

"Please," he says. "It's ridiculous to take it like that, to g so defensive. Obviously, people like us must face facts. can't paint anymore, that's a fact. *You* can't expect—in very tiny and restricted foundation—to get an experienc administrator and scholar like myself. You'll have to sett for giving a leg up to keen young graduates like Julianna

"*Mister* Spencer! I believe it would be better if you leave . .

"Don't misunderstand me," he says. "It's an honorab role you have. Look at what you've done for Julianna."

Whose buzzer light at that moment flashes on my desk

"Come in!" I bark.

"Your lunch reservation . . . " she begins uncertainly.

There is a silence—a dense gray fog of it—when sh closes the door.

"Look," Alex Spencer says, rising. "I'm sorry. God, I' sorry." He goes to the window (how did he know where . . . and looks out (looks out?), jabbing at the floor with his cane count the beats on the soles of my feet. Minutes pass, then jerks around. "Oh, God, I forgot. You have to see my lips." H runs his fingers nervously through his hair. He laughs a litt "An apology sounds awfully lame the second time aroun What I said was: You're Julianna's friend. I had no right. I just that . . . an *assistant*, you understand. It's such an insul He walks right over to my desk and reaches across for n hand. "Listen," he says. "This is all still new for me, I'm ju learning to make allowances. I'm prickly, I'm easily angere I've hated this inactive year. *Disability pension!* It makes n feel like a . . . But it's over now, and I've already had tw offers, one of them to be a dean of the college I was at when happened. I only came to please Julianna, and now I've . Really, it was unpardonable of me, I don't know how to . . .

When I pull away my hand, it is burning. There's a fev running up my arm.

"Mr. Spencer," I say humbly. "You are amazing."

"Good Lord." He laughs. "Hardly. Unless it's amazing tactless. Do you think you can bear to have lunch?"

In the cab, he says: "Perhaps it's only fair to confess th there's panic mixed with my anger. I've accepted th deanship, but at the back of my mind is the fear—"

"Oh," I say. "I know all about that."

I am watching the way his voice fills the cab with kind of fresh sharpness, like new-mown grass. I am watc ing the way it makes the cabdriver smile. It's a beautif voice.

(continue


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AMAZING GRACE
continued

Over wine, he says: "So tell me, to be tactless again, all this love of the visual and tactile . . . the textured cotton on the chair in your office, your silk dress; all this love of contact . . . I mean your hand before you pulled it away. The way you pulled it away. So why is it you live alone? I don't understand."

"He left a long time ago," I say coolly, though the air doesn't come through as smoothly as it should.

He dismisses this. He brushes it aside, almost knocking a glass from the table. "I'm not talking about that. I mean *now*."

"There are certain risks I don't pretend to be equal to."

"Oh." He laughs. "I have to confess, I consider that a challenge." I am mesmerized by the colors of his voice, its deep, sultry purples, its golds. It makes me think of the velvet tunnels of orchids. "It doesn't make sense, a woman as beautiful as you." He laughs again. "Don't look so surprised. I could tell from the cabdriver's voice. I could tell by the way the waiter fell over his feet fussing around you."

The levers jam up. Don't look at me like that, I try to say.

"Your hands," he says, "are burning." **End**

Janette Turner Hospital is the author of three novels: Borderline, The Tiger in the Tiger Pit *and* The Ivory Swing, *which won the $50,000 Seal Award in 1982 for best first novel. Mrs. Hospital, who has lived most of her adult life in Canada, teaches writing at MIT and has two teenage children. She was born in Australia, which she visited last summer. There she saw again a younger cousin who, like the heroine in the story, was born deaf. The author dedicates "Amazing Grace" to this cousin, Bronwen Morgan, "and to all the wonderful, gutsy women out there who refuse to let anything hold them back."*

JOE WILL TAKE ME HOME
continued from page 115

take me home." A nurse said it would be better for us leave. "Don't feel too bad," she said at the door. "They ofte carry on and then settle down as good as gold in a few days

But in a few days Vovo was still shouting, half in Portuguese, half in Pidgin English. My husband was visiting h every evening after work, and I went most afternoon When she wasn't shouting, she asked us how we could this to her; she didn't deserve it. Joe would get her o somehow. Joe would take her home.

After a week or so, the shouting stopped, but so did he eating. I thought at first she was punishing us, and I tried stay calm as the nurses took her laden trays back to th trolley. She'll eat when she gets hungry, I thought, an honestly, she needed to lose fifty pounds.

For years we had begged her to watch her diet, to exercis but Vovo had been content to sit most of the time in th rocking chair, her folds of fat making excellent pillows f the small grandchildren. Her lap was large enough for thre at a time, and they loved sitting there, feeling in her pocke for candy, listening to her stories, vibrating with her laugh ter as it washed over her like a tidal wave.

She had not always been obese. Behind the rocking cha hung her wedding picture, brown with age. Vovo at sixtee had stood in the fashion of turn-of-the-century brides, look ing thin and young and very, very scared. Manuel, he brand-new husband, sat looking solemnly at the camer with his huge hands set awkwardly on the knees of h wedding suit.

"Like one broomstick I was," bragged Vovo, whenev people commented on the wedding picture. "And look Manuel's hands. Huge, huge they were. Used to haulin two-hundred-pound bags of sugar onto the plantatio barges. But they would go around my waist. That's how b his hands were. Only ninety pounds I was."

My four children loved to hear her talk of her girlhood Hawaii, where her family and Manuel's had emigrated fro the Portuguese island of Madeira in 1890. Manuel had bee more than twice her age when he asked her father permission to court her.

"Did he give you a ring, Vovo?"

"Ring?" scoffed Vovo. "No ring. He told me to choose ring or get my teeth fixed. So my father chose for me."

"But were you happy, Vovo?" they persisted. Althoug they had heard the answer many times before, they stil hoped for love in a grass shack under the Hawaiian moon.

"Happy? What did I know about happy? We worked har on the plantation, six days a week, and all Sunday i church. Nine babies I had. I had no time to think happy o know happy. But like a broomstick I was, and his hand would go around my waist. Only ninety pounds I was."

I have visited the Big Island, where Vovo lived her broom stick years, and have seen the desolation caused by th volcanic eruptions—a landscape fit for sorrow.

My husband was Vovo's last child, one of twin babie whom Manuel used to cradle in his large arms. But he wa not to enjoy them long. Before their second birthday, Ma nuel was killed as he walked with Vovo to church. A bu mounted the pavement and killed him instantly. Joe, thei eldest son, was a passenger on the bus and saw what hap pened. He jumped off to help, without paying.

Vovo was left a widow with nine children, long before th days of pensions and compensation. Someone advised her t visit the bus driver, who had received a token night in jai for careless driving. Although she was not one to beg, Vov had no way of paying for Manuel's funeral. She swallowe her pride, but the bus driver did not invite her in. H reminded her that Joe had not paid his fare that day, an

vo silently gave him the dime and left.
'After that," said Vovo, "I didn't ask body for nothing."
'But what did you do?" asked John.
'I did what I could," said Vovo. "I shed people's clothes and cleaned eir houses. And I made lots of soup d said my rosary every day. I never l desperate."
Joe, a boy in his late teens, became e head of a family of ten, but within e next two years, he was to lose two others and a sister. These were the ys before penicillin, and Vovo tched her children die.
'But I never did desperate," she said, ering each new sorrow to the Lord to ess and keeping her fingers busy, ien they were not crocheting quilts, the rosary beads.
The cruelest test came when Joe did iat he did at the age of twenty-two. vo would never say the word *suicide*, e simply "did what he did," and the iurch refused to bury him. Vovo of-ed up this new sorrow, said a hun-ed rosaries and still "never did des-rate." Things were never again as d for her. Her remaining children ew up and married, and in middle e she began to get fat.
She lived with all her married chil-en in turn but finally came to make r home with us in California. She rely left her rocking chair, but she ved the idea of being on the mainland d thanked God for letting her live ng enough to see snow on the hills d frost in the garden. There was a hole new generation of children to tell r stories to. And as they grew up, she ould sometimes call them by the mes of her own children.
"Tell us about Agnes and Augustine d Eugene," they would say, after tell-g her who they were.
"Tell us about Joe before he did what did."
Vovo loved to talk about her long-ad children; she could bring them to e again in a sentence. And one night e appeared to her in a dream and ked for forgiveness, and Vovo had cond helpings the next day in joy that was now in a good place.
The smaller grandchildren were very atter-of-fact about Vovo's advanced e. "Just think, Vovo," they said. Vhen you get to heaven, they will all waiting for you—Agnes and Au-stine and Eugene and Joe . . . "
Vovo smiled.
"And Manuel, too! What will you say Manuel? It will be a real family thering up there."
But Vovo's lips formed a tight line d the smile left her eyes.
Sometimes, of course, she was a pain. ever having experienced privacy her-lf, she saw no need for it for anyone else. She insisted on being included in all conversations and plans. She had a temper and could holler as loudly as the youngest grandchildren and threaten to go back to Hawaii when things did not go her way. But we knew she really belonged with us. Quite simply, we loved her.

Did she doubt that love when we abandoned her in the rest home? As she shouted her outrage to the walls and ceilings, did she come near despair, she who "never did desperate"? Did she know that my husband and I loved and worried about her as we loved and worried about our own children?

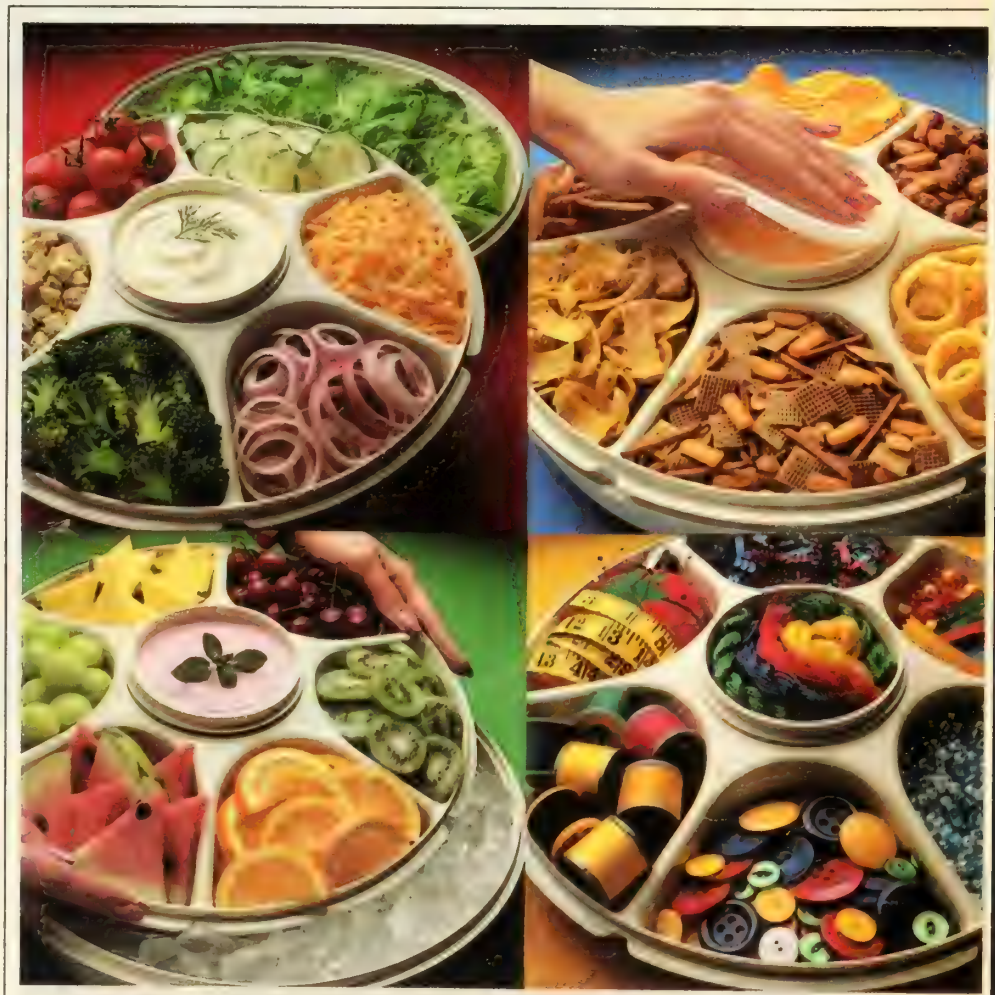
We had been troubled for years about her weight. It was difficult to help her into bed and out of her chair. Even after her stroke, when she began to use a walker, she continued to gain weight. At the time she entered the rest home, I guess she must have weighed well over two hundred pounds.

That is why I tried to stay calm when she suddenly lost her appetite.

She dropped twenty pounds that first month. At Easter I started coming in around lunchtime to mash up her food.

"No want," said Vovo, shaking her head violently and sending pureed carrots spattering down her chin. Her lips would be sealed tight.

The grandchildren, *(continued)*



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JOE WILL TAKE ME HOME
continued

nembering how she loved the fruits her homeland, brought in mangoes d papayas, but she wasn't interested. ıly one thing interested her now. "How much I weigh?"

As the weight went down, down, over ə weeks of summer, we saw her become ;keleton. The curve of her skull shone ık through the thinning strands of ıite hair. Her legs were like twigs, rdly able to support her in the slow ocess of getting from the bed into the ıeelchair. Sometimes when I visited at ıch she was already back in bed, her ntures soaking for the night.

"I don't want those things no more," e said firmly. Then the same old estion. "How much I weigh?"

In September we celebrated her nety-sixth birthday, in her room. I ought in a cake and ice cream, which e did not touch. Exasperated, I said her, "Vovo, if you don't start eating, e doctor is going to put a tube down u and force you to eat."

"You know I rather die," she said and abbed my son's sleeve.

"Joe, Joe," she said. "I know you ɔn't lie to me. How much I weigh?"

"I'm John, Vovo," he said, "and your ;e and your weight are almost the same!"

This was an exaggeration, but it was what she wanted to hear. The smile she bestowed on my son showed that this was her favorite birthday present.

The next week, Vovo took a turn for the worse. She caught cold, and her breath wheezed and rattled. Sometimes she knew us; more often that not, she called us by the names of her dead children.

Finally, on a Wednesday in October I called John at school and told him that if he wanted to say good-bye to his Vovo, he should get on his motorbike and meet us at the home. When we got there, John was seated by her bed behind the screen, holding the hand that had so often held his. Vovo seemed to be unconscious; the feeding tube had been inserted as well as a catheter; her breathing was noisy and labored, and her lips were cracked.

A nurse came bustling in. "This is an amazing old lady," she said. "She just may pull through."

John looked up at me and shook his head, as if to say "Don't bring her back. She's had enough. Let her go."

Suddenly Vovo opened her eyes.

"Joe, Joe, tell me something," she whispered to John.

He bent over the little figure, which seemed lost in the wide hospital bed.

"Will you take me home, Joe?"

"Yes, yes, I will," said John, stroking the damp hair off her forehead.

"And Joe—" We could hardly hear her. "How much I weigh?"

Without a second's hesitation, John lied: "Ninety pounds, Vovo," and Vovo's head relaxed into the soft pillow.

Then I understood what my son had understood. She could go now. She had been thin, thin as a broomstick, and Manuel's hands could go around her tiny waist. Only ninety pounds she was. She could go. . . .

The rattling stopped. We stood by the bed, feeling her leave, feeling the presence of them all, of Agnes, of Augustine, of Eugene, of Joe, of Manuel, Manuel . . . oh, Manuel.

We left her there, but I turned at the door, looking back at her so slender in the bed, like a broomstick, her face framed by the white hair as by a bridal veil. **End**

Shirley Nunes, like Barbara Taylor Bradford, was born and educated in England. It wasn't until she met her husband that she emigrated and settled in Fairfield, California. She now has four children—two married and two teenagers—and teaches English at a local high school. Ms. Nunes says her character "Vovo" is modeled after her husband's mother, who was "the most inspiring lady I have ever known. She would have been amazed to think that so many people would read about a character like her."

A GOOD NIGHT'S SLEEP
continued from page 72

:port suggested that if you put a fleecy ool pad between the mattress and the ɔttom sheet, you will toss and turn ıuch less.

A warm, but not hot, bath can be ɔothing and induce drowsiness. In bed, y to relax by loosening muscle tension ı one area of the body at a time, while reathing slowly and rhythmically.

Another way to bring on sleep is to t your imagination wander—lie back nd think of something pleasant to dis-ract your mind from whatever anxious ıoughts you have. But if you must orry, concentrate on a single problem ıther than the many that are whirling round in your consciousness.

There are a variety of gimmicks and eeping aids to relieve tension and pro-ıote sleep. For example, there is a re-ɔrding that reproduces the sound of the ırf. Such masking is especially useful your home is in a noisy area in a city r near an airport or highway. There re even self-hypnosis recordings that ork for some people.

What about taking medicine to help ɔu sleep? We've already mentioned -tryptophan. You may take two as-irin at bedtime, unless of course ıere is some reason for you not to do so (asthma, history of bleeding ulcers or some other bleeding problem). Many people think that any sleeping potion that doesn't require a prescription is perfectly safe and may be taken at will. But most of the over-the-counter sleep drugs contain antihistamines, which are not without their drawbacks. They can aggravate glaucoma and cause urinary problems. If you're using them regularly, ask your doctor whether it's safe for you to do so.

The most pressing question asked by insomniacs concerns the use of prescription sleeping pills. Most doctors, including myself, are opposed to the chronic use of sleeping pills, sedatives or tranquilizers. I have no objection to their use now and then or over the short term to help cope with an acute life crisis such as a bereavement or a major economic setback. But routine reliance on these drugs is a crutch. Most of them are habit-forming and result in a physical or a psychological dependence. Once you have become hooked, your chances of ever sleeping without them are remote. I have patients who have become so used to the maximum safe dosage of a preparation that it lost its effectiveness for them. They then abandoned it, tried another prescription, then another, until they are virtually unable to sleep, even when they take very potent sleeping pills.

There are other reasons why doctors are loath to prescribe sleeping pills. In alcoholics and even moderate social drinkers, the interaction between alcohol and sleeping pills can produce very troublesome, indeed dangerous, side effects. If you're pregnant, these medications may have an adverse effect on the fetus. And taking sleeping pills can impair your alertness in an emergency, something to consider if you have a sick child, husband or parent who may need you during the night. Finally, there is the hangover that so many people have after they take sleeping pills, all the advertising notwithstanding.

Here, then, is my prescription for a good night's sleep:

- Establish a regular sleep schedule
- Check your mattress and room temperature for comfort
- Check your medicines
- Try this quick sleep exercise for a real wind-down: Take three very slow, deep breaths, exhaling fully after each. At the end of the third exhalation, pause without taking a breath for as long as possible. Repeat this cycle five to eight times, then breathe normally again. This exercise causes an accumulation of carbon dioxide in the blood and has a tranquilizing effect.

Good night. **End**

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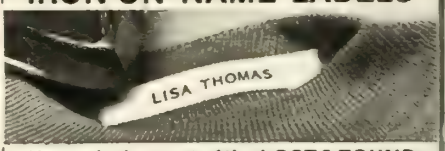
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And a clever cashier
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Finally I choose,
Then wait with regret
As someone before me
Slowly writes out a check!

—Judith Hupp

OUT OF THE MOUTHS OF BABE

"Our five-year-old son inte rupted his father as he mad plans to play golf, saying, "Bu Dad, you can't. The weatherman sai it's going to rain in the golf states!"
—Norma Boehne, Temple City, C

My newly potty-trained niece waite patiently outside the bathroom as plumber worked to unclog the toile After he flushed it several times an opened the door, Jennifer looked u proudly and said, "Good girl!"
—Gwen Jenkins, Lubbock, T

While trying to convince his three year-old daughter to take a bath, m son said sternly, "Hey, Nicole, who's th boss?" She promptly replied, "Bruce
—Mary Bossart, New Stanton, P

My four-year-old son and two of hi nursery school chums were discussin the holidays when one asked, "What Father's Day?" "Oh," my son answere casually, "it's like Mother's Day onl you don't spend as much!"
—Natalie Scheps, Largo, FL

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FOR BETTER OR FOR WORSE **By Lynn Johnston**



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